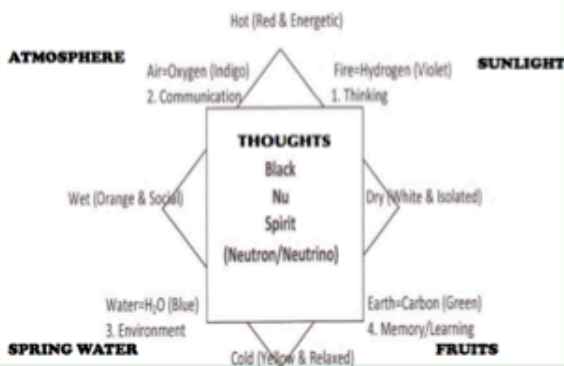


INDIGENOUS FOOD SCIENCE

THE PERFECT HEALTH GUIDE

VOLUME 1

Natures Measurement



A FULL GUIDE TO PROPER NUTRITION SUPPLEMENTS
EXERCISE ETHNO-GENETIC BASED NUTRITION &
NUTRITIONAL PSYCHOLOGY

ABORIGINAL MEDICAL ASSOCIATION ©

DR ALI MUHAMMAD ©



A.M.A.



ABORIGINAL MEDICAL ASSOCIATION
BIO-MEDICAL HEALTH & NUTRITION FOR INDIGENOUS PEOPLES

Aboriginal Medical Association ©

TABLE OF CONTENTS

Indigenous Food Science:

A Full Guide to Proper Nutrition Supplements Exercise Ethno-Genetic Based
Nutrition & Nutritional Psychology

Table Of Contents	Pages 2-3
Introduction- Foreword	Pages 4-12
What is Nutrition	Pages 13-16
What is Nutritional Psychology	Pages 17-18
What is Ethno-Genetic Based Nutrition	Pages 19-26
Biology of a Healthy Plant	Pages 27-31
Biology of a Healthy Human	Pages 32-37
Cell Food - Humanity's Best Diet & Why	Pages 38-44
The Biological Cause of Disease	Pages 45-48
Protein and Cellular Inflammation	Pages 49-53
Why Am I Sick and Obese	Pages 54-57
Why Am I Sick and Underweight	Pages 58-59
Dr Ali's Top 20 Most Nutritious Foods for Humanity & Why..	Page 60
Dr Ali's Top 20 worst foods for Humanity & why	Page 61
The Transitional Diet 6 Classifications A-F-Comfortable Transitioning	62-71
Food & Disease - How Micro-Parasites Influence Hunger & Influence Disease	Pages 72-74
Agricultural Wars	Pages 75 - 78
Natural Agriculture	Pages 79 - 80
From Food Industry to Food technology- Nano Tech & Atomic/Molecular Computers	Pages 81- 96

Foods You Should NOT eat If you Have Autoimmune disorders...	97-104
Foods You Should NOT eat if You have HSV (Herpes Simple Virus) 1 & 2 or HIV/AIDS.....	Pages 105-106
Foods You Should not eat if you have Cancer	Page 107
Foods You Should Not eat if you have Diabetes	Pages 108-110
Food & Blood Types The TRUE Science	Pages 111-112
Healthy Foods for Women & How to End PMS and Excessive Menstruation Problems & Health Foods for Pregnant Women	Pages 113-119
Healthy Foods for Men & Erectile Dysfunction –	Pages 120-121
Food for Building Muscle	Page 122
Fasting Properly	Page 123
Dangerous Exercise VS Healthy Exercise	Pages 124-127
Anti-Aging Secrets	Pages 128-133
Healthy Recipes & Foods - Optimal Health Class C B & A Nutrition	134-183
Glossary Basic Body Systems AMA Studies.....	Pages 183-190
Appendix A What is Natural Melanin & Melanogenesis...	Pages 191-212
Appendix B - Who invented the No Animal Flesh - Meatless diet	213-223
Appendix C - Real Body Building The Creator, Nature and Health	224-225
Appendix D Nano Technology in Medicine Food & Social Industry	226-229
Appendix E Aboriginal Denition Charting Correspondence....	Page 229-230
Bibliography.....	Pages 231- 235
Cell Energy Cycle.....	Pages 236-251
Index	Pages 252-260

Introduction

This Book is a very unique book. Its purpose is to teach the most simple yet effective method of nutrition on the planet. If the guidance is followed you will never get sick, any disease you have will go away and the future of humanity is dependent upon it to sustain the environments of the earth so that all life forms can sustain balance and a healthy existence.

There are all types of dietary plans, some to loose weight, some to gain weight, and the list goes on. With all the confusion about WHAT TO EAT the author was compelled to put together this simple material to make sense out of nonsense. My nutritional plan and transition nutritional suggestions guarantee a successful progress to the best nutrition and psychological well being, if followed. My efforts comes from years of nutritional experiment and testing thousands of clients measuring the state of their blood, brains, digestive tract, liver, pancreas, immune system progress in healing from said incurable diseases and more.

In this introduction it is important to mention the two most influential voices of nutrition of our time Professor Arnold Ehret author of the Mucusless Diet Healing System and Rational Fasting and Dr Alfredo Bowman also known as Dr Sebi, a Master herbalist and Nutritionist that took Ehret's message to new heights via the USHA Institute of Honduras. This book is made to support the foundation that they provided us with yet ***to take those messages to new heights*** in areas where their message needs to be corrected, improved upon and explained based on changes in agriculture, the food industry and nutrition based on genetic stock.

Much has changed since their messages came to us in regards to the food industry, which is actually food technology from my perspective, something I will clarify later.

My discussion on nutrition is simple. I deal with what foods are best (Sunlight, air, water) why I consider them 'foods' and the impact they have on our bodies. I then move to digestible foods that are best like wild and heirloom Fruit (The specific ones that are nutritious). I deal with these foods in an etho-genetic sense. I have discovered something new in regards to food and how it impacts our anatomical and physiological makeup over **long periods of time** and specifically how when ethno-genetic groups (with a focus on indigenous peoples of Africa and the Americas) are removed from 'ancestral' food supplies it adversely impacts their anatomy and physiologies. This moves diet from just a nutritional concern to a legal one (genocide). If a people are robbed of access to ancestral food supplies that nurtured their bodies for eons of time then in fact if the state or private act of keeping them away from their native foods is an act of genocide. This is witnessed in the increase in disease in those ethnic groups. Said African Americans are a key part of this claim as this population is a living testimony of a group being removed from its ethnic food supplies and thus there are measurable changes in the level of disease increase in this population. My dietary regiment and Indigenous Law Firm can assist this population at rectifying the problem of disease from both a nutrition and legal perspective in this community as well as other Indigenous Populations.

This book discusses how supplements that are not in natural form can be just as harmful as pharmaceutical drugs and are mostly **placebos**. Taking the water out of a substance then introducing it as nutrition is fraud. Remove the water remove the life. That means almost 99 percent of your supplements being taken by almost the entire population cannot aid you in healing from disease or at maintaining health. In fact they increase disease.

We also discuss nutritional psychology, a field dealing with how nutrition and diet changes affect the brain, the attitude,

and overall social well being of a person or group. It is a fact that changes in the digestive biome of the stomach changes our feelings, brain chemistry, reproductive capacity, genetics and children over long stretches of time. We call it 'genetic transformation'. It happens vertically through changes in the offspring and horizontally based on changes like diet geography etc. By 'genetic transformation' our focus is how our food (Sunlight air, water, fruits, vegetables, etc) changes our genetics over long periods of time. What we eat changes the very electrical gradients of our cells molecules and atoms.

Anyone advocating diet without knowledge of associating **nutrition with body electro-magnetic fields and genetics** can only further add confusion to the discussion. We are all made different (bio-pathologies aka races) a subject that Professor Arnold Ehret and Dr Sebi discuss in their teachings. Thus someone from Sub-Saharan Africa with the Genetics prevalent on that continent is NOT designed to eat the same as a European in London, because of ethno-genetic variance and differences via genetic transformation, based on available nutrition. Yet today, food is shipped all over and in order to do so it is treated, preserved, waxed, treated with specialized fertilizers for pests all depleting the nutritional value of the food.

If we fail to understand the simple laws of nature, ultimately we will get sick. This is THE problem. The youngest most mutated of the human species EUR ASIANS have become the 'guides' of nutrition. They are not accounting for the differences in your African or Indigenous American make up when they teach you nutrition.

An Excellent case is the Vitamin D study by lead author Dr Ravi Thadhani of the Massachusetts General Hospital. After testing 2085 Blacks and Whites they found that the blacks had a different type of vitamin D and thus tests were misdiagnosing

them as Vitamin D deficient. This error in diagnostics simply means the tests **don't account for genetic and biological variance**. Indigenous peoples have a biochemical carbon based molecule called eumelanin and via sunlight they can produce vitamin D at optimal levels, thus we don't even interact with the Sun in the same way as other races. To NOT account for these variances is a health crime. By the way throw out all your vitamin D pills and go out for a walk in the SUN for NUTRITION



The NEW ENGLAND
JOURNAL of MEDICINE

HOME	ARTICLES & MULTIMEDIA ▾	ISSUES ▾	SPECIALTIES & TOPICS ▾	FOR AUTHORS ▾	CME ▸
------	-------------------------	----------	------------------------	---------------	-------

ORIGINAL ARTICLE

Vitamin D–Binding Protein and Vitamin D Status of Black Americans and White Americans

Camille E. Powe, M.D., Michele K. Evans, M.D., Julia Wenger, M.P.H., Alan B. Zonderman, Ph.D., Anders H. Berg, M.D., Ph.D., Michael Nalls, Ph.D., Hector Tamez, M.D., M.P.H., Dongsheng Zhang, Ph.D., Ishir Bhan, M.D., M.P.H., S. Ananth Karumanchi, M.D., Neil R. Powe, M.D., M.P.H., M.B.A., and Ravi Thadhani, M.D., M.P.H.
N Engl J Med 2013; 369:1991-2000 | November 21, 2013 | DOI: 10.1056/NEJMoa1306357

Share:     

Abstract	Article	References	Citing Articles (320)	Letters	Metrics
----------	---------	------------	-----------------------	---------	---------

BACKGROUND

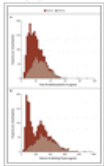
Low levels of total 25-hydroxyvitamin D are common among black Americans. Vitamin D-binding protein has not been considered in the assessment of vitamin D deficiency.

[Full Text of Background...](#)

METHODS

In the Healthy Aging in Neighborhoods of Diversity across the Life Span cohort of blacks and whites (2085 participants), we measured levels of total 25-hydroxyvitamin D, vitamin D-binding protein, and parathyroid hormone as well as bone mineral density (BMD). We genotyped study participants for two common polymorphisms in the vitamin D-binding protein gene (rs7041 and rs4588). We estimated levels of bioavailable 25-hydroxyvitamin D in homozygous participants.

MEDIA IN THIS
ARTICLE
FIGURE 1



Levels of Total 25-Hydroxyvitamin D and Vitamin D–Binding Protein in Community-Dwelling White and Black Study Participants.

FIGURE 2



The Older human lineages of Indigenous Peoples have a different set of nutritional requirements and THIS BOOK IS THE FIRST to accurately teach them those requirements without speculation and via rigorous testing.

If the younger members of the human species (Eurasians) took note of how the indigenous peoples increased longevity then they could live longer, without setting up tactics to do it by organ harvesting and stealing genes from these Indigenous populations. This is essentially a huge part of the health industry today. Peoples of Eur-Asian descent are setting up and have established markets to steal the health of indigenous peoples and redirect them to food sources that are not genetically for them. I had an online discussion just a few months ago about eating chaga and reishi mushrooms. My rebuttal was, I am not Asian, My food is in subtropical/tropical Africa and America and there we did not eat ammonia/nitrogen-ridden fungi (mushrooms) as a source of progressive nutrition. We are carbon/melanin-based beings. Our food is solar based. As disease rises and more fix it schemes come out, this material will increasingly be used to solve the issue of WHAT to eat. Our food classifications follow Blood type and ethno-genetic classifications and energetic/genetic law. Following the CLASS A nutritional regiment of our system (Non DNA Diet) fruit based diet for men and Class B Specific Nutritional regiment for women will bring complete healing, yet ALL partakers MUST follow transition based recommendations in regards to fasting, detox and eating. We have been misled and deceived by shrewd commercial men and women bent upon selling addictive foods and addictive drugs that offer no nutrition and by folk coming in the name of natural healing that do not know it. We are in a Health War. Put on your armor of protection.

Dr Ali Aboriginal Medical Association ©.

Introduction - 6 Months of Purification

6-months of practice is all it will take to completely retune your nutritional integrity. To accomplish your goal you will have to:

- 1) Read, Study and communicate with us online via presentations and reading this text.
- 2) Be willing to search deep for the will to stay consistent and disciplined. Once you are informed in a sound way without guessing you will develop more and more confidence to eat right
- 3) Identify the proper foods. Learn to grow foods in your apartment house, backyard, garden or farm. The act of cultivating food in your own space teaches DIRECT knowledge of plants and gives you the control you need to be on your way to having direct power over your nutrition
- 4) Stop overeating, which is a huge bad habit in this society. At the root of this problem is parasite invasion of our bodies, parasite invasion of our homes so that we eat out too much and subconscious marketing strategies influencing you to eat eat eat!. Practicing indigenous family structures ensures that we have the teamwork at home to have time to prepare nutritional meals.

This six-month nutritional regiment and practice implements the food philosophy of the Aboriginal Medical Association for the world's indigenous peoples and humanity in general. We scientifically speak against many nutritional theories (Things like low carb, the high protein theory etc). These theories and practices are ultimately HARMFUL to the health of human beings, especially to the melanin dominant peoples and their

carbon based anatomies and physiological processes, which are found in the brain, skin melanocytes and organ cellular structures and functions.

A Cell cannot even process its energy cycle without melanin t (melanated cytochromes) and thus carbon compounds are the biological signature of health for the world's Indigenous Peoples and humanity overall. Our effort is to completely destroy the **protein theory** and ignorance in nutrition. In fact most folk who parrot the protein theory cannot tell you what a protein is, and if taught correctly they will find out WHY scientists in specific fields are INTENTIONALLY misinforming them, its all to hide the Carbon (Electrical Indigenous Black nutrition) and market the nitrogen (toxins) !!!!!!!

Unstable nitrogen and Amines/Amino Acids/Ammonia unbound from carbon structures are toxic poisonous substances that the Indigenous body attempts to get rid of at every juncture, from the Urea cycle to carboxylates binding with them to neutralize the toxic effects of these nitrogenous-based compounds. Our bodies do not digest one atom of these toxic substances (nitrogenous animal and plant substances). They are transformed into toxic waste materials that constipate every part of our bodies. Our 6 Month Nutritional challenge is made so that we eat the ONLY fuel of the cell the CHO chain of glucose , the perfect fuel for the mitochondria engines of the cells and the cellular respiration cycle. We want to intake mineral from fruits and vegetables , and if in transition diet ONLY eat carbon-based animals. Our bodies need the best fuel (untampered with fruit) to sustain vitality yet a sick person or one that is generally unhealthy cannot just jump to eating in this manner. It takes the coaching in this material and in our presentations to learn how to safely transition.

This is why we teach a new indigenous agriculture. Even the fruits and veggies in some markets are tampered with, waxed, sulphured to make them larger, injected with genetic modified nanostructures, because they are weaker lineages susceptible to pest invasion due to their low immunity. Most of these foods are fertilized with fertilization techniques taught by a German Scientist named Justus Von Liebig. He recommended nitrogen based farming. His opposition, Dr Julius Hensel, taught true organic farming without nitrogen-based fertilizers and without manure from animals. You will learn about proper fertilizing using Stone Meal mineral based organic plant treatments.

In this material we discuss the ONLY natural diet and its application to the bio-genetics of the Indigenous body type.

We also discuss the Magnetic field energetic force of the Indigenous Body as being an earth energetic force field that is a by product of solar energy (star dust) and dark energy (Cosmic Blackness). Yes, The Sun is food for us and the second most important form of nutrition. The anti-solar forms (plant animal, humanoid) on this planet are thus NOT descendant from that energy, do not produce natural phototropic melanin, and thus are mutations from the original design of the Human (Indigenous). Allowing for these beings to teach us nutrition is adverse to Us and them. They need our training on the indigenous methods of nutrition to have optimal health.

Removing the excess toxic nitrogenous compounds in this six-month study will remove every disease aka biophysical ailment. We offer our quantum magnetic testing as the cyclical testing model to measure the process of the individuals participating to record the observations and transformation. We classify the diets of each participant according to our dietary classification and move them gradually through the transition foods to the ultimate fuel, the pulp of fruit (The Only

natural body fuel besides dark energy, solar energy, air, and water).

Our actions do the following:

- * Increase the VCF (visible combustion factor-hue) and the melanin in vivo.
- * Remove any disease states in the biology, which are caused by intake of unstable nitrogenous compounds.
- * Neutralize all viral activity in the body
- * Cause immediate proper body mass ratio index so the body resorts to its natural weight and state. Your not losing weight you are losing waste/waist.
- * Decreases phytic acid based foods and thus any disturbances of mineral absorption.
- * Creates more fractality in body molecular structure (good shape aka geometry macro and micro), which increases nutritional energy attenuation from phototrophic biological entities (the Creator, Sun, Earth and other orbs and plants).

What is Nutrition

Nutrition, nutrient, root word nature implication to nurture

***Nurture** means the process of caring for and encouraging the growth and development of someone or something

Nature means the basic elements of creation that compose the design of a person place or thing

The root term 'nat' from words like ***native natural*** etc means 'to be born'. The process of birth is the method by which all things carry on a lineage for their existence. In that process growth and development take place based on elements of genetic material giving rise to a design, new being (baby). If the mother and father are healthy and conceive a healthy child, that is nurtured in the womb, then in 9 months a disease free baby is born.

If the mother drinks alcohol, eats bad food, is stressed, it increases the babies chances of disease. Thus nutrition is a form of **nurturing oneself by practice** of taking in proper food. It is the evidence and PROOF that you love yourself. To properly comprehend if something is nutritious one has to know the laws of nature, otherwise guesswork can cause a health tragedy. So let us learn.

Our body is made of cells.

The Cells are made of organelles, which are small parts, mitochondria, melanosomes etc..

The Cell's nucleus contains Chromosomes/Chromatin, which hold genetic information.

Our mitochondria operate our **cellular energy cycle**. The root of nutrition is to keep each cell healthy.

Aerobic Respiration is the key to nutrition. Anaerobic respiration is the key to disease. YES THE PURPOSE OF A CELL IS TO BREATHE, LITERALLY. The other purpose is to make water to keep the electrical vitality in the tissues. So Cells want minerals to repair itself if necessary, water to house the vital spongy stuff called tissues, and AIR TO BREATHE,

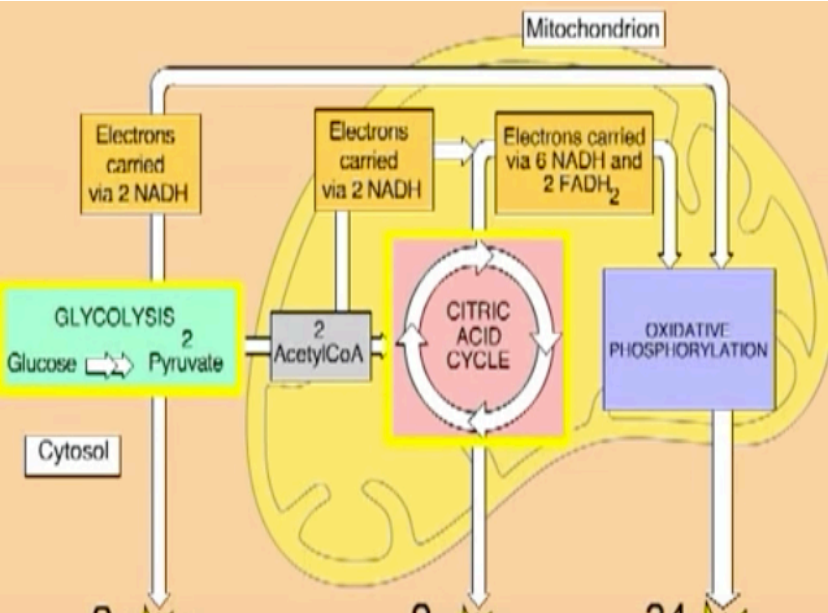
In anaerobic respiration there is not enough oxygen present to carry on the three-stage process of getting cells respiration/energy. Without oxygen the anaerobic process sets in. The cell is suffocated.

NOW SOME TECHNICAL PARTS, But you can keep Up easily...

Nutrition is about getting the cells **carbohydrates** that have carbon oxygen and water. To do this the cell needs Glucose (Fruit sugar) to go through glycolysis a process in which the glucose is broken down. Various types of carbon compounds lead to the production of Citric acid (citrate) aka Tri-Carboxylic acids (Melanins), which operate to accept and donate energy in the form of electrons ($-H$). YES melanin's control the commerce in nature's cells. This leads to the electron transport chain using these electrons to make water and more energy. If studied closely our cells reflect in their daily operations how life (electromagnetism) was created, and is made in biological organisms in this universe. At the core of this process is carbon compounds that lead to making water and energy exchange for the cell. The key word for nutrition here is carbohydrate (Fruit /Vegetable Sugar). It is the optimal fuel for the cell and starts the process of nurturing cells. Hybrid Animal Flesh is NOT nurturing cells. Ultimately nature's design for us is to NOT eat animals EVER. For those that do, there are some animals that are healthier to eat than others because some are apart of

lineages natural to the planet and others are hybrid mutants (cow). The ultimate nutrition is exclusively in plants, air, water, Sunlight and meditation. For those that remain on diets that contain some animal flesh I provide the information necessary to make the experience as healthy as possible, by giving the most nutritious sources with explanation. Our ultimate goal is to bring gradual transition to an optimal nutrition and to gradually change the nutritional psychology of our people, which is stuck on quick fixes and do it yourself traps. Eating is psychological. We have formed habits that are destroying us. Learning basic biology will inspire you to TAKE CONTROL of your own health and your food emotions.

The following image describes in detail how plant sugars start the nutritional process (glycolysis) creating free energy electrons, water, and additional energy molecules for the cell. Essentially cells need water and sugar for all their functions and in order to breathe. The skins of fruit provide necessary ingredients for other processing such as repair stimulation via stem cell activity etc. Nutrition is essentially distinguishing between homolactic fermentation (cell suffocation - disease) and cellular respiration (health).



Even the ancients knew nutrition was founded upon seeded fruit being the primary food for humanity. The instructions we get from Scriptures match these instructions:

Genesis 1- 29 Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

Seed bearing plants and fruit with seed in it? That’s simple instructions. Now did the Prophets foresee the making of colchicine the tool used to make sterile plants? This chemical molecule destroys seed reproduction, which is essential for REPRODUCTION! So if the food we eat is filled with things that make it impotent, what will it do to you? Are you in agreement with nature or humanoid-based biotechnology? Everyone who gets this book should pass it to every Doctor, Health Teacher, nutritionist, herbalist, Pastor, Reverend, Bishop, Imam, Babalawo Aye etc on Earth and ask, are they advocating the Natural Earth Diet that sustains vitality of human beings or are they being tricked into layers of malnutrition?

The scriptures go on to say the Creator breathed the Ruach/Ruh into the human, the breathe of life aka Oxygen. If humans were designed for all cells to breathe why are we suffocating them in the name of God Ancestors and science.

Optimal Nutrition is simply a solar charge to a solar based body and a breathe without resistance. Our formula for measuring vitality is:16,

BLF (Biological Life Force) =

CHO (Carbon Hydrogen & Oxygen) – Nitrogenous Obstruction

What is Nutritional Psychology

The growing trend is to eat better and be more fit....

Yet folk are doing A LOT of damage for temporal aesthetics that wont last...the dangerous life shortening exercise techniques, the quack diets, the trends...

Computers, Social media, more sharing of visual aesthetics is a major driving force for changes in nutrition. Couple this with the fear of increasing numbers of diseases and we see the motives for the rise in health trends. People just don't want to get sick and they want to look good thus a whole new psychology has developed around nutrition like never before. Due to the major contributions of Dr Sebi and many other health practitioners people also believe in healing from diseases that were said to be incurable. Now we know that cancer AIDS herpes Diabetes autoimmune disorders and more can be healed and thus a certain confidence is present that has never been present concerning healing from disease. That's great thing, yet if poor counseling is present, and if unreliable do it yourself tactics are implored, problems and discouragement to stay the path can set in.

Nutritional Psychology is a new multi-branched science that determines health based on how food affects the overall biological social and psychological state of the practitioner. It can be measured in their individual lifetime and/or over larger periods of multigenerational time periods. It also deals with innate attraction to foods color taste texture smell via our 12-type 4-profile system. My studies show that certain types of eaters like foods based on their specific psychological profiles and types. Some eaters like ground earthy based food like roots and tubers. Others desire leafy foods more often. Other eaters desire fruits more often than other forms of food. Some eaters drink more fluids and others love strong aromatic spicy foods.

This science also caters to measuring how microorganisms influence our behavior either functionally or adversely. Did you know that micro-parasites get hungry and can make YOU eat for THEM instead of your own cells.

The feeling of your diet making you more aesthetically attractive, sometimes of being in an, 'elite eating class' can impact motivation and overall performance. The more the common man and woman learn about nutrition and its impact upon our body, the more each individual feels a sense of CONTROL over the destiny of their health. This type of psychology about nutrition affects commerce, pharmaceutical industries, hospitals, markets that sell food and more. In fact every aspect of a society is connected to food and water. In fact a person can find it in themselves to reject God/religion entertainment politics/voting sex or anything except the need to intake water and food or produce them some kind of way internally (some sages can).

Besides the need for sunlight and air, water and food are necessities that we cannot live without. How we interact with them has shaped human history and will shape the future of humanity.

Nutritional psychology deals with measuring how we feel about food why we feel that way and ultimately how nutrition can generate a more functional psychology in society.

What is Ethno-Genetic Based Nutrition

Ethno-Genetic nutrition is a new science that investigates nutrition based on ethnic groups and geography. Food over long periods of time impacts genetics. It is the author's position that all Indigenous peoples of the planet have been adversely impacted by the removal of their ethno-genetic based nutrition. Colonization carried out by Eur-Asian genetic stocks has removed whole populations from their native subtropical and tropical environments. After being in these regions for thousands even millions of years having exposure to particular types of sunlight, air, water, and food supplies these varying groups of indigenous peoples have become exposed to foreign foods forced upon them by the foreigners, foreign agricultural practices, poisoning of water, air and even the blocking out of sunlight via technology that makes synthetic clouds.

This has increased disease by enormous amounts. Our Indigenous records have ancestors living for centuries and now deaths occur much earlier all at the hands of an increasing number of new diseases. Colonization of Indigenous lands has promoted cross-racial reproduction making *new genotypes* that never existed. These new genotypes give rise to new blood types and genetics and susceptibility to disease, genetic mutations, and confusion in ethno-genetic pools of people. Humans have the right to do what they desire and so does nature. The only problem is nature does not operate by opinion. It operates by absolute law.

Whether you advocate evolution, creationism, intelligent design or some other form of origins and design for humans all of the above separated human biological life forms (races). Have we ever asked nature/God/natural selection why? The Immune system of an African in Cameroon is completely different from a European in Norway. The environment, food and water changes based on geography as does the genetics.

An example of how adversely indigenous populations have been adversely impacted is changes in their blood composition and immunity after decades and centuries of being forced to eat food with little to no nutritional value.

In many patients that I see I see high levels of change in blood viscosity and vascular elasticity based exclusively on what I feed them. Blood viscosity deals with the electrical charge in the blood plasma and how it is flowing. I have put clients on tropical vegetables like callaloo as opposed to North American common vegetables for weeks and seen changes immediately. Their vascular elasticity which is the flexibility of arteries and veins have changed in 4 weeks from high atherosclerosis and hardening to flexible pathways.

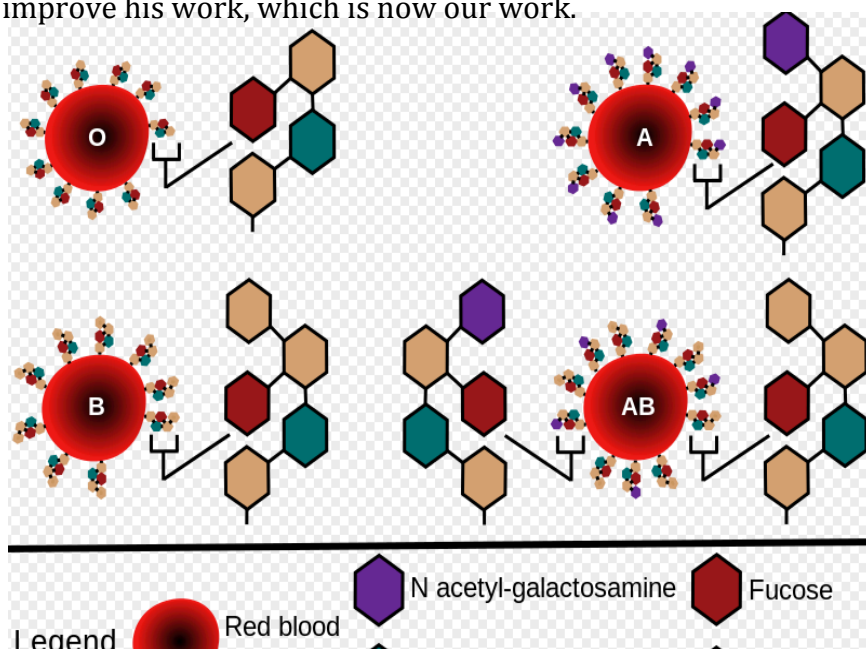
It is my position that our blood has changed. There is too much exopolysaccharides (extracellular polymeric substance) aka STARCH SLIME/MUCUS, as termed by Arnold Ehret, on the blood. Another name for them is HISTAMINES. Notice the AMINE suffix aka NITROGEN the biological kryptonite of the earth's indigenous organisms. The natural blood of indigenous peoples or animals is NOT RED. The brown hue that we now have according to ancient indigenous records used to be an illuminating blue-black. Upon looking at a baby's placenta one can see the deep maroon and indigo colors in the blood, which is purer than our current blood compositions. And HERE IS THE KEY to it all, if we did not have these exopolysaccharides on Type O A B and AB blood types we would NEVER be able to get sick. The red iron in our blood is RUSTED and Oxidized and has lost its past electronic force when we were a healthy people before the fall. Our blood should literally be a dark indigo color and it ***will be again based on this new indigenous Nutritional guidance.***

Some of the specific exopolysaccharides on our blood as a result of pathogen invasion are ***N acetyl glucoseamine, N***

Acetyl Galactoseamine and **galactose** all of which create a sticky starch slime environment that incubates pathogens ability to live in and attach to our blood and lymph.

When we eat solar based foods and get enough sunlight these pathogens die and are excreted out of the body. There are foods that support our disease free existence and others that contribute to disease. Scientists have learned how to upload the pathogens that make these starch materials into food intentionally and unintentionally via fertilizers etc.

Savoy Spinach, the most popular spinach on the markets, is a great example. When I tell folk NOT to eat Savoy Spinach they think I am saying spinach is bad for them. I am not. I am saying specifically SAVOY is because of its incubation of Escherichia Coli (E-Coli). Malabar spinach Egyptian spinach and other indigenous spinaches that you can grow at home do not have these pathogens. So it all depends on what type and lineage we are discussing. This is an area Dr Sebi **DID NOT deal with**. He taught us not to eat certain foods but did not distinguish clearly between them and their wild varieties. We must improve his work, which is now our work.



Diseases like sickle cell are all related to this phenomena. The blood cell and plasma (actual fluid) is overrun by micro-pathogens, starch and nitrogen.

The nutrient potassium that is supposed to enter the red blood cells is replaced by ammonia and becomes an **ammonia transport pump** instead of a **sodium potassium pump**. This creates a very toxic red blood cell, which folds over and 'sickles' clogging up the arteries and veins. By simply and gradually detoxing the person first by feeding them high amounts of raw and some cooked vegetation (Not fruit) and citrus lime we can rid their red blood cells and blood plasma of the constipated exopolysaccharides (Starch) and high amines from the flesh mushrooms and other ammonia based nitrogenous fixating plants (toxemia). We can then later introduce tropical fruits to increase BLF (Biological Life Force) without high nitrogenous pathogenic and starch resistance. This guarantees safe slow and gradual detox instead of shock detox. **Shock detox** causes dangerous reactions and often scares the person back into eating improper toxic foods.

In measuring the adverse state of health of the earth's indigenous populations I have found that Eur-Asian peoples have used these circumstances to set up institutions designed to harness the biological potential of indigenous peoples. Fortune 500 companies like Cellgene ® are designed to get blood and genetics from other companies like LIFE BANK USA ®. They use it for organ regeneration and therapy. These non-indigenous groups are advancing in age, making progressive changes in aesthetic appearance, and are experiencing an overall better quality of health via organized theft. Indigenous peoples have become the tool of experiments, being the fuel for bio-medical applications that use their bodies as a new gold rush. Yes your highly advanced melanated and ancient

biologies are very loaded with opportunity for the races that suffer from mutation and the need for things indigenous bodies have that they don't have (telomeres etc).

Numerous studies have shown higher levels of nucleotide and haplotype diversity in Africans compared to non-Africans in both nuclear and mitochondrial genomes¹ and all that means is that we are genetically superior.

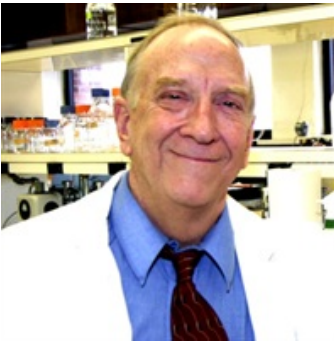
A resequencing study of 3873 genes in 154 chromosomes from European, Latino/Hispanic, Asian, and African American populations observed that African Americans had the highest percentage of rare single nucleotide polymorphisms (SNPs) (64%) and the lowest percentage of common SNPs (36%)²

One of the greatest examples of this activity is the cloning of melanin by Dr John Pawelek the man that cloned melanin the biological carbon based polymer found in the Earth's indigenous peoples' melanosomes.

¹ SOURCE: Garrigan D, Kingan SB, Pilkington MM, Wilder JA, Cox MP, et al. Inferring human population sizes, divergence times and rates of gene flow from mitochondrial, X and Y chromosome resequencing data. *Genetics*. 2007;177:2195–2207

² SOURCE: Tishkoff SA, Kidd KK. Implications of biogeography of human populations for 'race' and medicine. *Nat. Genet*. 2004;36:S21–S27

John Pawelek
Yale University
Cloner of Melanin



John Pawelek is a longtime member of the research faculty in the Department of Dermatology, Yale School of Medicine. His current research interests focus on cancer cell fusion with migratory white blood cells as a mechanism of metastasis. He has authored nearly 200 peer-reviewed papers in the areas of skin pigmentation and melanoma and is past president of the Pan American Society for Pigment Cell Research. He has published seminal works on melanocortin-1 receptors, melanocortin action and UV light, and the enzymology of melanogenesis--including discovery of the melanogenesis enzyme dopachrome tautomerase. He has won several awards for this work, including the PASPCR Career Achievement Award, the IFPCS inaugural award of the Henry Stanley Raper Medal, and the Japanese Society for Pigment Cell Research award of the Takeuchi Medal. He was honored in June, 2010 when the inaugural "John M. Pawelek Lecture" was presented at the 4th Meeting of the ASPCR in Guanzhou, China. He frequently lectures at scientific conferences in the US and abroad.

Scientists have been attempting to make synthetic melanin for decades using the same base formulas of a carboxylic acid or ion base with dihydroxyindole with added amines (primary) to reduce the frequency valence of the attenuation and absorption. John M Pawelek of the University of Yale created synthetic Melanin patent # WO1995009629 A1 in 1994

Patents

English

French

Find prior art

Synthetic melanin

WO 1995009629 A1

ABSTRACT

A melanin that is soluble in an aqueous solution at a pH between 5 and 9 at a temperature of 0 to 100 °C. Advantageously, the melanin is capable of being filtered through at least a 0.45 micron size filter, and has a molecular weight of greater than 10,000 kilodaltons. The melanin is useful for providing a naturally-appearing tan to mammalian skin and hair. Such melanin can be produced by combining dopachrome and an appropriate enzyme, or by incubating 5,6-dihydroxyindole-2-carboxylic acid alone or with 5,6-dihydroxyindole, or with 3-amino-tyrosine. The melanin is also useful for providing a sun-screen to mammalian skin and hair, to treat post-inflammatory hypo- and hyperpigmentation, to tint glass and plastic, to protect industrial materials against ultraviolet damage, and as a coloring agent in foodstuffs such as coffee, tea, soda, whisky and liquors. Also included are self-tanning compositions containing melanin and DHA.

Publication number WO1995009629 A1
Publication type Application
Application number PCT/US1994/010835
Publication date Apr 13, 1995
Filing date Sep 26, 1994
Priority date [?](#) Oct 1, 1993

Inventors [John M Pawelek](#)

Applicant [Univ Yale](#)

Export Citation [BIBTeX](#), [EndNote](#), [RefMan](#)

[Patent Citations \(2\)](#), [Referenced by \(8\)](#), [Classifications \(9\)](#),
[Legal Events \(6\)](#)

External Links: [Patentscope](#), [Espacenet](#)

Our ethno-genetic value as indigenous peoples cannot be underestimated. I am showing it TO YOU so that you will know the truth. YOU ARE VALUABLE and medical science proves it. You are so valuable people are setting up whole commercial

markets to BUY YOU and your melanin without you even being aware.

The clinical knowledge of the immune capabilities of melanin are well documented. Skin infections are more common in individuals with fair skin than in those with dark skin³.

Melanin the end product of melanogenesis has demonstrated the capacity to trap inhibit and even kill invading bacteria and other microorganisms.⁴

When we look at plants fruits roots tubers and flowers we see these same melanins (under the names polyphenols, anthocyanins etc). Our studies at the Aboriginal Medical Association prove these plant melanins in berries melons fruit pulps, fruit skins, and flowers confer these same immunologic abilities.

Our ethno-genetic past proves we inhabited environments full of the earth's most complete selection of these foods (The real Gardens of Eden). Our removal from these areas and state sponsored restriction of access to our indigenous plants is an act of genocide and can only be solved via independent Indigenous agricultural operations that implement our historical indigenous dietary practices. Ethno-genetic Nutrition is the wave of the future. This book details what these foods are their nutritional value and how to get access to them.

³ Mackintosh JA (2001) The antimicrobial properties of melanocytes, melanosomes, and melanin J Theor Biol 211- 1-1-13

⁴ Burkhart CG, Burkhary CN (2005) The mole theory. The Primary function of melanocytes and melanin may be antimicrobial defense and immuno-modulation

Biology of a Healthy Plant/Tree

Lets make this simple, a plant is a biological organism that has 5 features.

- 1) Roots
- 2) Stems or Trunk/Branches
- 3) Leaves/Vegetation
- 4) Fruit
- 5) Flowers

The Plant Kingdom has its own classification and hierarchy. That is the optimal place for food for humans PERIOD. MUSHROOMS ARE NOT PLANTS and ARE NOT Optimal Nutrition. Some recommend them as transition food. I Do not. They are fungi and no fungi should be apart of our diet ever. You are better of eating animal flesh from nonhybrid animals than eating mushrooms. This brings us to this subject of the biology of a Healthy Plant. Our first subject is that the key to finding the plants you do not want to eat is to check to see if they are NITROGEN FIXATORS. Normal wild and heirloom plants absorb carbon dioxide as a useful part of their process in operating photosynthesis. This proves their lineage as natural solar-based plants. Nitrogen fixators prove they are NOT natural to this planet and that they should NOT be apart of our diet. Nitrogen BLOCKS electrical flow corrodes minerals and increases cellular inflammation. It is food for micropathogens like white blood cells. Nitrogen can contribute to both high acidic toxic environments and high alkaline toxic environments. Some of us thought alkalinity ALWAYS meant healthy. It does not when it comes to NITROGEN/ AMMONIA/AMINES.

Some nonnatural plants that are nitrogen fixators:

Peanuts

Soybeans

Fenucreek

Legumes:

Lentils

Snow Peas

Green Peas

String beans

Fava Beans

Coffee Beans

Field Peas
Lima beans
Kidney beans
Great Northern Beans
Black Beans
Jicama
Alfalfa
Red Clover
White Clover

Often these plants are used as green manure or cover crops. I do not recommend this in agriculture and in our agricultural discussions I will tell why.

3 exceptions that I make because of their make up are Tamarinds, navy beans and chick peas (garbanzo beans). Chick peas are high in natural phyto-estrogens so men should avoid them. Navy beans are high in potassium and iodine and provide optimal protection. The nitrogen in the navy bean is stable in the form of nitrates (Bound to multiple oxygen). Make sure to get a good organic strand or if you grow them use the Stone Meal as a plant food instead of common nitrogenous fertilizers or manure. And use our lime based soaks from the meal recipe sections. Tamarind tropical growth geography make them safe and their mineral content is high.

Plant immunity is established genetically and via good soil. If soil is too nitrogenous then it leads to loss of plant immunity. Nitrogen fixators uptake rhizobia a bacteria that fixates nitrogen in the roots of plants. This is done via colonization of the plant roots. A look at the roots after colonization and the inflammation of the roots are witnessed. Natural wild heirloom plants and trees have deep strong roots. They better absorb water and nutrients with this type of plant anatomy. I take the very rare position that most of the earth soils have been depleted except around tropical and subtropical rivers unpolluted inland lakes creeks and springs. Our chapter on future earth healing discusses how this will be rectified in the future. The basic point here is to study nitrogen fixators and stay clear of them. They will destroy vitality (BLF-Biological Life Force).

PLANT PROTEIN MYTH

I often hear folk that desire to move off of animal flesh repeat the pseudo mantra that I can get my protein from plants now. While that sounds good everyone saying it is promoting by default a dietary philosophy foreign to their own well being. The simple question to solve the problem is WHAT IS PROTEIN? Most often the answer is:

It's a tissue structure composed of the 21 amino acids. Now lets take a standard mainstream definition and I am going to uncover in one paragraph the greatest scientific conspiracy and plot ever hatched in history to HIDE from the Indigenous Peoples their biological and anatomical realities. It is so diabolical that once uncovered biological science will never be the same.

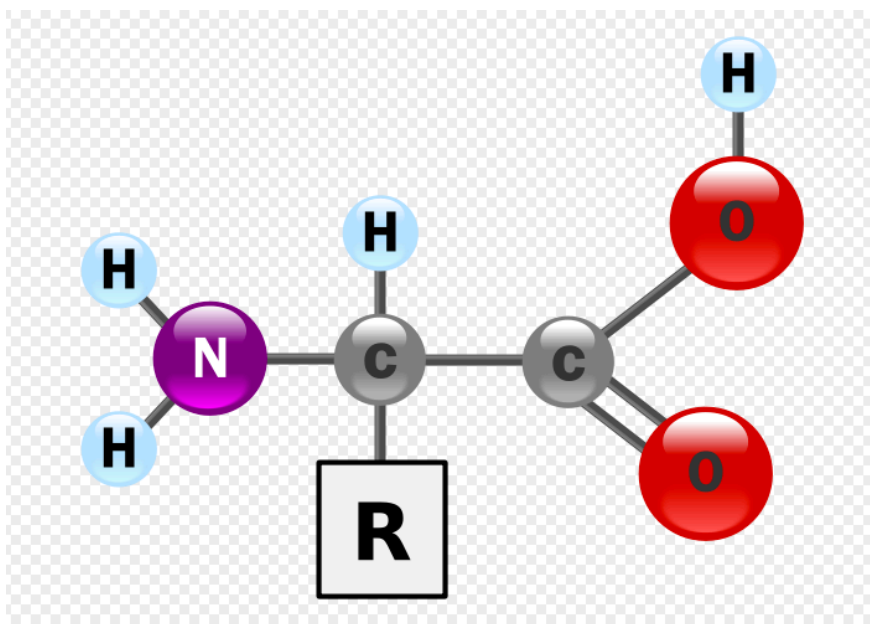
Amino acids are organic compounds containing amine ($-NH_2$) and carboxyl ($-COOH$) functional groups, along with a side chain (R group) specific to each amino acid⁵

Now lets take a look at it so the visual can guide us in comprehending what is about to be uncovered in plants animals and humans.

Diagram of the building block of life

Misnamed amino acids renamed by Aboriginal Medical Association melano acids via deamination process

⁵ *Cambridge Dictionaries Online*. Cambridge University Press. 2015



Above we have what is called an 'AMINO' Acid. The reason that this is a problem is because the Amine makes up only about 10-15 percent of the molecule. The rest is a complex array of carbons hydrogens oxygen's and an R super carbon group that makes up the carboxylic acids the largest group of organic compounds on earth. So since 85-90 percent of the compound is a carbon molecule then why is it named after nitrogen? Since Europeans named it and they are nitrogenous entities and they lack a concentration of these carbon molecules and have excess nitrogen they named it after them. Nitrogen lacks hue and it pale in tissues. Carbon molecular structures create hue (melanin). So the racism is even spreading across the naming of molecules. It is standard knowledge that the liver works to rid this molecule of the amine AS WASTE. It is called the urea cycle. So when we come back to this protein issue and deal with the building blocks of life we see that instead of amino acids we actually have scientists MASKING and suppressing the carbon molecule (carboxylic acid) and thus when the carboxylic acids come together they make a structure that is the BASIS of tissues. Dr Julius Hensel stated that the tissues are made of a sugar and lime mixture. Sugar here is a carbon

molecular structure and since he lived before the rediscovery of these carboxylic acids⁶ he didn't have a name for them yet. So we have figured out two things. Natural plants are NOT constructed of proteins and neither are natural people. The building blocks of life are carbon based NOT nitrogen based. Nitrogen is an INVADER to plants and makes them sick.

Our diets in the United States are FILLED with nitrogen fixing plants. These are the weakest plants and they lack vital minerals immunity, high percentages of carbohydrate structures and hydrating qualities. With all this in mind we can see a person can EAT GREEN and still be eating their way to sickness

Imagine stuffing your face with green peas lentils carrots cabbage spinach oranges alfalfa, mushrooms thinking your eating a great diet only to come to find out your still sick, minerally depleted, with high levels of fermentation acidity and disease setting in. That might make you say IM NOT DOING THIS VEGETARIAN VEGAN diet anymore, IT DOESN'T WORK! Only to find out ALL of those foods are no good. They are grown on minerally depleted soils, have high starch levels and nitrogen levels and cannot sustain nutrition.

Once we stop looking for the things that do not give us nutrition (PROTEIN) and start looking for the things that do, carbohydrates and minerals, our efforts will turn into progress healing and a high quality lifestyle.

⁶ 1931 The History and Discovery of Amino Acids Hubert Bradford Vickery and Carl Schmidt

Biology of a Healthy Human

The human body has 28 active minerals that operate physiological tasks and make up its structure.

They are:

Organic Basic Elements: 4

Carbon Hydrogen Oxygen (hybrid –Nitrogen)

Bulk Mineral Elements: 7

Calcium. Potassium, Sodium, Magnesium, Phosphorus.
Chlorine, Sulfur

Trace Mineral Elements: 14

Iron, Copper, Zinc, Manganese, iodine, Selenium, Chromium,
Vanadium, Silicon, Cobalt, Nickel, Arsenic, Molybdenum, Boron

Compounding Mineral Elements: 3

Lithium, Bromine, Fluorine

Besides these the human body is made up of carboxylic acids for structure, which have been misnamed amino acids. So it is our eternal LIFE SEARCH to get these minerals and carboxylic acids into our bodies. This means they must be in our soils and water for nutrition to exist, A deficit in one (soils & plants) creates a deficit in the other (Body).

As we have stated before vital amines aka Vitamins are TOXINS. No one should be supplementing Vitamins. The two most often talked about are Vitamin D, which is really a hormone, and with enough sunlight your body can assemble it. Add on specific foods mentioned in this book and your supply will be sufficient.

Vitamin C ,which should actually be a nutrient is found in citrus fruits, other fruits and vegetation.

The Issue of Vitamins

Vitamins were ‘discovered’ by Kasimierz Funk in 1912 a polish scientist studying nutrition. The word vitamin comes from the two words ‘vital’ and ‘amines’ aka necessary nitrogen. Funk proposed that the human body needed certain essential amines that it did not have and thus needed them from nature. He composed a table that showed the necessary sources for these vital amines.

These amines (That make Proteins) are from sources that are toxic to the Indigenous body and genetic pools. The amines again are nitrogenous waste products of the detox cycle called the urea cycle. This is a cycle that works to REMOVE nitrogenous waste.

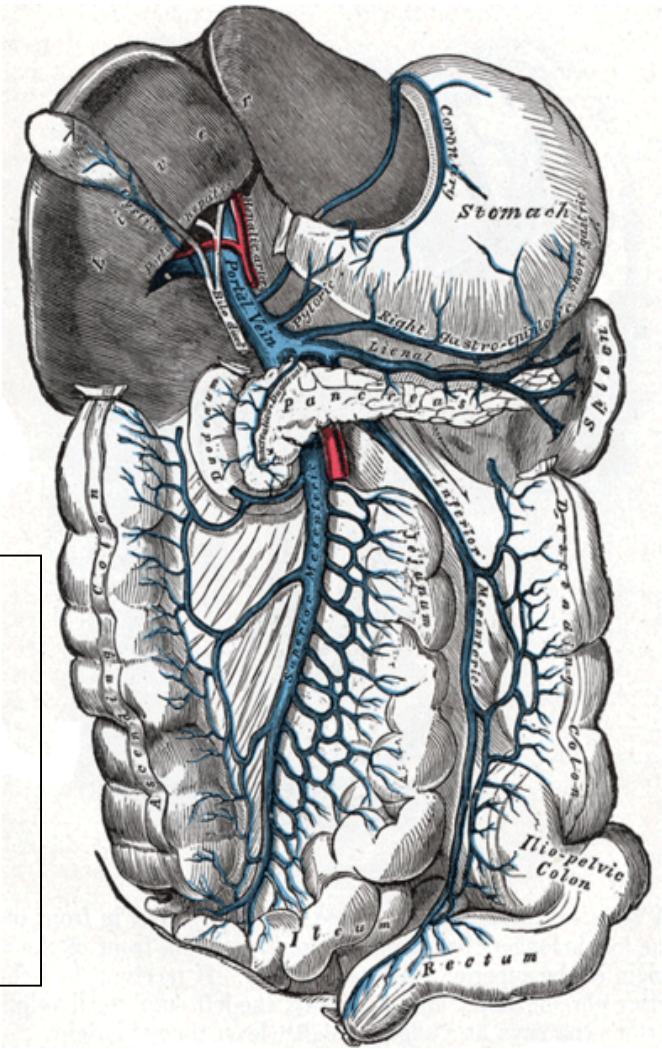
Year of discovery ⇅	Vitamin ⇅	Food source ⇅
1913	Vitamin A (<i>Retinol</i>)	<i>Cod liver oil</i>
1910	Vitamin B ₁ (<i>Thiamine</i>)	<i>Rice bran</i>
1920	Vitamin C (<i>Ascorbic acid</i>)	<i>Citrus, most fresh foods</i>
1920	Vitamin D (<i>Calciferol</i>)	<i>Cod liver oil</i>
1920	Vitamin B ₂ (<i>Riboflavin</i>)	<i>Meat, eggs</i>
1922	(Vitamin E) (<i>Tocopherol</i>)	<i>Wheat germ oil, unrefined vegetable oils</i>
1926	Vitamin B ₁₂ (<i>Cobalamins</i>)	<i>liver, eggs, animal products</i>
1929	Vitamin K ₁ (<i>Phylloquinone</i>)	<i>Leafy green vegetables</i>
1931	Vitamin B ₅ (<i>Pantothenic acid</i>)	<i>Meat, whole grains, in many foods</i>
1931	Vitamin B ₇ (<i>Biotin</i>)	<i>Meat, dairy products, eggs</i>
1934	Vitamin B ₆ (<i>Pyridoxine</i>)	<i>Meat, dairy products</i>
1936	Vitamin B ₃ (<i>Niacin</i>)	<i>Meat, eggs, grains</i>
1941	Vitamin B ₉ (<i>Folic acid</i>)	<i>Leafy green vegetables</i>

TOXIC FLESH & OTHER SOURCES OF AMINES

THE LIVER

The liver is the organ that gets overloaded in this process of taking in excessive nitrogen. The Liver attempts to rid the body of this waste through the Urea cycle (Ridding the body of nitrogen). Urea is nitrogenous ammonium wastes from animal flesh nitrogen fixing plants and water absorbing nitrites and nitrates. In the Urea cycle ammonium waste is converted into urea to be removed from the body in uric acid via the kidneys mainly. Drugs and medications are high in these substances. Accumulation of nitrogenous wastes leads to liver failure and hepatic encephalopathy. This occurs when wastes in the blood accumulate to high levels. The liver usually removes these wastes, yet when the liver is over impacted by animal flesh proteins and starches these wastes accumulate. We feel this sometimes when we try to exercise after not having done so in a long time. The nausea felt is the release of these toxins into the bloodstream. If the body can get rid of them via urine and bowel movements the body can heal.

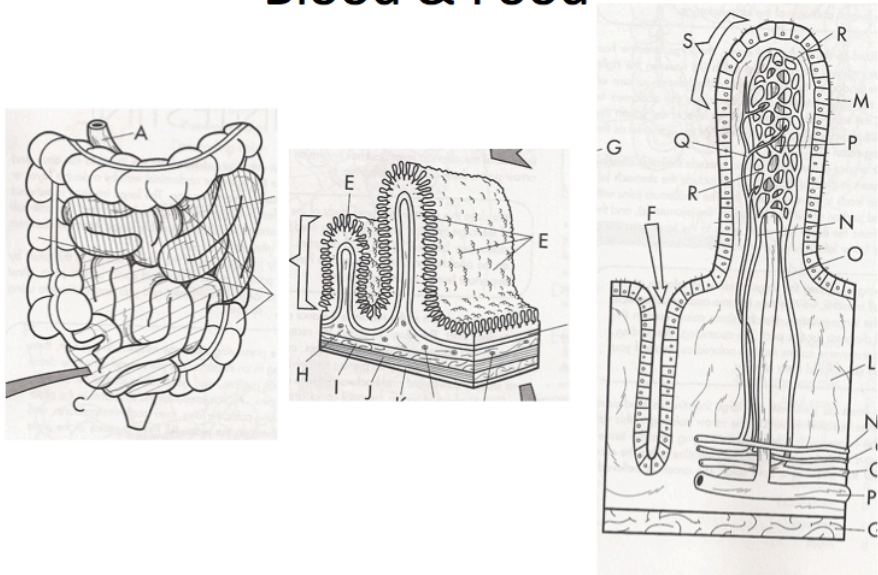
Here is a picture of the portal vein as it connects to the liver and the spleen.



BLUE:
Portal vein
Connecting
intestines to
Liver Spleen

Once food is digested in the small intestines it absorbs into the micro villi of the intestines and he mucosal lining cells absorb and distribute the nutrients to into blood circulation via the portal vein. These food stuffs are taken to either the liver or the spleen. Our Indigenous Nutritional regiments guarantee that these plant nutrients and cholesterol and cells can be properly converted into cell food and new blood for body cells that need repair.

Blood & Food



Intestines

/Innerlining of intestinal walls

/Villi hairlike absorbers

Extramedullary hematopoiesis refers to hematopoiesis occurring outside of the medulla of the bone (bone marrow) in the liver intestines and other locations

The Liver has this immaculate power to detox our body of these very old pathogenic enemies. Look at its color, The liver is FILLED with carbon molecules comprising melanin. This ancient organ has made us remember the past via its design, function and appearance.

The food stuff that is not to be used is sent to the spleen to be removed from the body via the lymphatic/circulatory system. When we eat animal flesh composed of albumin proteins from animals the fermentation in the gut causes this food stuff to ferment into white blood cells, white adipose tissue and all sorts of cancerous pathogens exopolysaccharides/mucus/histamines. This shows us that poor nutrition is the catalyst for disease in the body.

A healthy body then can only be defined as a body with eumelanin on a plant based diet. The plants (fruits and vegetation) need to be wild or heirloom cultivated on a farm not using nitrogenous fertilizers and weak nitrogen fixating plants.

Cell Food - Humanity's Best Diet & why

OK, So What do we eat and why should we eat it? If we want health vitality no disease and a high quality of life we need these things:

- 1) Meditation- Stress is a very huge part of poor health. Eating good physical food and stressing can negate the nutrition via food. Meditation has scientifically proven to be a huge contribution to mental healthy, better brain anatomy, and a higher quality of life
- 2) Sunlight- Solar energy charges our bodies. We produce the hormone Vitamin D by exposing our skin to Sunlight. The Adenine in EVERY cell absorbs UV spectrum light thus our very DNA is geared to solar interactions. Sunlight is literally a food and not exposing the skin to the sun should be considered poor nutrition
- 3) Air- every cell in our body BREATHES. In fact metabolism and the entire cellular respiration cycle is geared for the cell to have aerobic activity. Oxygen ensures that we are vibrating and cleansing our tissues.
- 4) Water – this element houses the electro-magnetic force and provides the hydrogen and oxygen we need for bonding respiration and hydration allowing trillions of chemical reactions to take place
- 5) Fruits/Flowers- the quintessential fuel of the body is carbohydrate in the carbon molecule called glucose. This molecule is used in various interactions to create electrical and ionic operations for the production of energy water and oxygen. Fruit also provide the minerals that make up our structure and carry out physiological processes. Fruit provide carboxylic acids the actual building blocks of tissues and the chelaters of

minerals. We have misinformed that these were called AMINO acids,

- 6) Vegetations (Leaves stems roots) these parts of the plant ARE NOT what we need naturally. That may sound quite shocking to you yet the ONLY reason we need vegetation is that we violated the laws of nature, altered natural environments and thus NOW NEED vegetation to help clean out our over toxic bodies . vegetation adds components necessary for both nutrients and detox. Here is the remarkable truth though. WHEN WE EAT PLANTS 2 things HAPPEN. WE USE UP MINERALS DESIGNED TO GO BACK TO THE EARTH and we violate the law of eating another entities DNA. Fruit are the perfect food. Vegetation is secondary. Next studies on plants PROVE that they are afraid to be eaten YES Afraid. So eating them IS a relative must yet in the future after the earth is set on a course to heal NOONE WILL EAT VEGETATION. Yes I'm a food prophet and it will be against the Law to eat vegetation. It may sound radical and foolish now because of your lack of understanding ecosystems the human body and what happened to bring us here.

Proof Plants can feel think perceive:

Grover Cleveland "Cleve" Backster, Jr. (born February 27, 1924) is a best known for his experiments with biocommunication in plant and animal cells using a polygraph machine in the 1960s which led to his theory of "primary perception." Backster began his career as an Interrogation Specialist with the CIA, and went on to become Chairman of the Research and Instrument Committee of the Academy for Scientific Interrogation. He is currently director of the Backster School of Lie Detection in San Diego, California.

His study of plants began in the 1960s, when he reported observing that a polygraph instrument attached to a plant leaf registered a change in electrical resistance when the plant was harmed or even threatened with harm. He argued that plants perceived human intentions, and as Backster began to investigate further, he also reported a finding that other human thoughts and emotions caused reactions in plants that could be recorded by a polygraph instrument. His work was in part inspired by the research of Sir Jagadish Chandra Bose,[3] who claimed to have discovered that playing certain kinds of music in the area where plants grew caused them to grow faster. He termed the plants' sensitivity to thoughts "primary perception," and published his findings from the experiments in the International Journal of Parapsychology



As it stands Plants
are in a slave
trade. They are

forcefully shipped out of their native environments grow in foreign environments, waxed, packaged shipped all because humans do not know the laws of the natural environment that provide stability and homeostasis, The remedy is our Indigenous Agricultural methods.

THE SOIL

We must eat fruits and vegetables in order to avoid fermentation disease and early painful death. Eating healthy is more than going in a store and picking up fruits veggies etc all labeled organic. A SERIOUS EDUCATION is required in this time to remain aware enough to avoid disease and have a high quality of life. If the soil the fruits and vegetables are growing in is depleted then so will your plants and thus the humans eating these foods will be starved of nutrients.

According to the best records we have humans ate wild foods for thousands of years, then something happened, a sort of environmental cataclysm. This caused the first farming and controlled food supplies to spring up 10K years ago. Farming is not the best way to feed oneself. Wild foods are always best for us. The word farm is the same as the root of 'pharm' as in pharmaceuticals and means sorcery. While we do it (Farming) we would rather make it alchemy.

Early farmers learned that crops had to be rotated to preserve the soil. Because we started eating vegetation, doing animal husbandry, and eating animals, after these environmental cataclysms, the soil would often need to be regenerated of the minerals it lost from crops and animals feeding.

It is a known fact of agriculture that after 10 years of farming on a land that the minerals in the soil will be depleted. Farmers developed many techniques to replenish soil not realizing the BEST was NOT to eat the vegetation ONLY the fruits. We (Aboriginal Farms) are the FIRST to ever propose this

environmental trend. It will literally save the earths soils in the future.

Farmers of the past started using manure, composting, and a number of other means. The science of cover crops and green manure developed as well which is using NITROGEN FIXATING PLANTS as FERTILIZER. Over long generations of doing this the soil has lost many minerals. In our chapters on Agriculture we discuss these realities. The important thing here is to realize that the soils your foods are coming from, the plants from the soils that the animals that you eat feed from are for the most part depleted of minerals and thus the population is minerally starved. We cannot discuss which food we should eat if we are not aware of the state of the soils these food come from.

Farmers are simply adding nitrogen potassium and phosphorus to the soils as the remedy. Its not working out well for the populations of humans or domesticated animals.

In 1963 the United States Department of Agriculture did a study on the mineral content of foods. A cross comparison of their 1992 study and 1963 study shows that apples tested lost 40% of their iron and magnesium content. The same studies and cross comparisons show Romaine lettuce lost 50% of its calcium content. Chick peas lost 30% of their calcium. Cabbage has lost 100 % of its manganese and iron according to these studies. I call these food shelled clones now, they look the same but are not.

We often hear if you need 'this mineral' eat 'this food, fruit veggie or herb'. That no longer applies. Our normal rates for minerals in foods has dropped drastically.

To give you an idea of how this impacts our food and health a mineral like magnesium has over 450 lch (enzyme) interactions in cells. Magnesium as absolutely necessary in the

liver to assist in liver detox of ammonia toxins to create urea and remove it from the body. So if a person can only get ½ of the manganese from foods that's 225 interactions (physiological processes) that are disrupted with just 1 mineral.

It is recorded that magnesium deficiencies cause fatigue, nervousness, irritability, loss of appetite, muscle weakness, nausea, vomiting, muscle spasms, seizures, spasms of the coronary artery of the heart, kidney stones and more. Many of the functional and progressive diseases are due to mineral starvation.

So again WHAT DO WE EAT AND WHY? A better question I have for you is where are you growing food? Next do not use nitrogen based fertilizers that zap minerals out of the soil. Next don't grow nitrogen fixation plants.

You need stone meal fertilizers, which is minerals made from limestone granite and other stones as plant fertilizer. Dr Julius Hensel developed stone meal fertilization and proved to have superior crops. No pest infestations high yield better plant immunity. Once you have mineral based fertilizers then you need land space or large pottery to begin growing,

Remember the cell needs carbohydrates mineral and water to function. The older the lineage of the plant, the better the genetics.

On a daily basis I recommend a Variety of these foods anywhere in North America:

Fruits: Watermelon, Olives, Cucumbers, Blueberries, mulberries, tamarind, jackfruit, soursop, rose apples, pawpaw, seeded grapes, wild strawberries, muscadines, Blood oranges, heirloom tomatoes skinned or eaten with limejuice, Plums,

Sour cherries, Seeded raisins, Limes, lemons, tangerines, grapefruit, jalapeno peppers, okra. Juniper Berries, Mangoes

Tubers: Radishes, Red Beets, Yams

Vegetation: Dandelion leaf, Arugula, parsley, Dill, wild Turnips, Radish leaves, Beet leaves, Malabar/Egyptian spinach or other heirloom variety, Endives, , Leeks, Romaine Lettuce, Tropical tea leaves, , , navy beans, wild squash

Sea Vegetation/Algae: Wakame, Dulse, Kelp, Nori, Arame, Tropical Sea Moss, Chlorella

Spices: sage, cinnamon, turmeric, clove, ginger root, Sea Salt, Cayenne, Chili

Seeds: Chia seeds, lime soaked pumpkin, kaniwa, Hemp

Nuts: Coconut, Lime & Sea Salt soaked Brazil nuts, Chestnuts

Roots: Turmeric, Chicory. Ginger, Burdock. Wild Carrot (Queen Anne's Lace root), Dandelion

Flesh eaters: Oysters, Chilean Sea Bass

Herbs: Sarsaparilla, Milk thistle seed, Eucalyptus. Mullein, Yellow Dock, Uva Ursi, Chickweed, Anise African Pygeum

Oils: Coconut, Olive (Do Not heat), Hemp (Do Not Heat),

These are basic recommendations that IN NO WAY apply to treatment nutrition for diseases, specified weight loss or gain regiments, or regiments for other geographical locations. Those are covered in other chapters. This is for a basic Class C & D Nutritional regiment. Not all of the above foods are heirloom. See Class B & A Nutritional regiments for that.

The Biological Cause of Disease

What is disease? It is either an:

- A) injury to the tissues and or bone of the body or
- B) an obstruction to circulating fluids or air that generate energetic vitality (BLF aka Biological Life Force) and lastly
- C) a disruption of a natural physiological process that either's builds tissues/bone or contributes to the success of energy production.

In order to have disease we must do something to injure tissues/bones or energy production. Our easiest way to do that is to put toxic food or minerally starved food in our mouth. This action of self-destruction is the ultimate living proof that we do not have a knowledge of ourselves. It proves we are missing awareness of how to functionally interact with nature and our natural environment. Only a fool would eat a cow that's standing next to a batch of berries. The berries are going to give us energy, minerals for our tissues and bones and create no obstructions. The berries grew from the earth, water and sun and are carrying the properties of all three. Speaking on a very microscopic level the very same hydrogen that is fueling the sun is fueling the berry and it literally apart of its atomic and molecular bonding structure. And the berry is black like the dark cosmic infinite force that the sun was born it. If we eat the cow, a hybrid animal the results of what happens to us prove our ignorance. We get obstructions and reactions that tell us to stop. Those obstructions end up damaging tissues and energy processes and cause disease.

The number one disease is ignorance of self, nature and our natural environment and how to interact with our selves

environment and produce health and peace. Next the disease manifests in our biology.

The Nuclear DNA of an organism plays a key role in atomic, molecular, genetic, and cellular instruction. Any disruption in its natural constitution or functions creates disease. ALL of the information of your ancestry is in your nuclear DNA. DNA replication is the process of making new DNA in the body. I will not propose here how DNA replication happens due to there being conflicting theories in modern biology schools. Damage to DNA disrupts major functions in genes cells tissues and is the cause of chronic degenerative diseases. Once the secret of how this stuff is made is uncovered then the origins of disease can be understood.

In modern science Classical nucleation theory is the department that deals with questioning the scientific nature of these things. To make it easy to understand the same components that make DNA and control cellular energy processes are the same elements that make up interstellar gas clouds that later form stars, and I mean the EXACT SAME. It's because the 'thing' that starts and maintains the energy of a star is the same 'thing' that starts and maintains cells.

Particles are self-organizing entities like cells. The intelligence and design to do so is imparted via electro-magnetic force fields. As long as we have these primordial elements in our bodies, our bodies maintain the ability to self organize in a healthy manner. These principles carry over to every dimension and department of life.

For example all natural foods carry plant melanin's. The formation of these melanin's are a result of solar and biological processes. If I take the minerals out of soil and have no levels of water and try to cultivate blueberries, some of the berries are no longer blue and the plant will be weaker. They lose their

hue and die off early. The principle is the plant must be tied to an organic earth source and get water, then it can form itself (Self Organize) properly. So what happens if I take a people from their Indigenous culture, and feed them coffee, sodas, Kool-Aid? Of course they get sick like the blueberry tree.

What happens when Mike eats cow. The food ferments, his digestive tract increases in Candida, yeast fermentation. Mike is losing his life-force and if this continues for 3 generations Mikes descendants increase disease because he passes on weak genes to them. So disease CAN BE genetic via the various mutations that occur due to weakening the chromatin/chromosomes. Can we now say that socio-cultural constructs (governments religions, societies) can either provide healthy traditions and norms or very toxic behavioral dynamics that lead to disease?

What about democracy? There are no rules for eating. The rule is do as you please within the confines of what the states says is legal. If I wanted to eat marijuana leaves for nutrition I cant in some states as of now, but I can eat a chicken. Who set these rules? Are they democratic and healthy or by design toxic.

My argument is that the cause of disease is NOT KNOWING the nature, laws of nature and the designer of Nature. This leaves us at odds with our natural environment and each other, pure savages. In this operation we set rules that are for human advantage. Imagine if I proposed a law as a congressman that said you could not eat animals and if you did you would go to jail. Who would support it. The main argument would be to ALLOW others their freedoms. The same thing happens to a body compromised by disease, cancers are ALLOWED their freedoms. When the person dies everyone is in regret then they go eat the same chitterlings in celebration.

The biological cause of disease is our thoughts that are NOT in tune with the design of the Creator nature and nature's laws. I could list thousands of various types of yeast fungi pathogen parasites, bad foods, stress, hormones, companies poisoning the environment as the causes. You would gain information but not a lick of self-awareness of the CAUSE just scattered effects of the CAUSE. This is how we live. We label the effects as the problem.

CLIENT:

"Dr Ali I tried the green drink and my stomach started hurting then, I was in the bathroom for an hour...IT made me sick".

Dr Ali

ME: "No you were sick before the green drink, the drink is helping you REMOVE your sickness".

THE CAUSE is our misguided thoughts and destructive behaviors. The EFFECT is what the ignorant label as THE PROBLEM. Imagine a whole nation of adults that do not know the reality of cause and effect. They are sheep waiting to be slaughtered.

A stressful thought can trigger cortisol a neurological chemical that can set in depression, disrupt circulation to organs and starve out cells of nutrients. JUST A THOUGHT can do that. So since thoughts are neurons then we can produce healthy ones via a culture that is Indigenous, nature aware and bisymmetrical to nature. So let me ask you and leave you with this thought, WHAT EXACTLY IS NATURE? I can guarantee you won't answer that question right and there is an EXACT answer. If not nature would be an opinion and not a measurable thing/function.

Protein and Cellular Inflammation

Everyone wants protein for said health, building muscle, and for whatever other purpose. My position in this chapter is:

- 1) Protein nutrition is a myth
- 2) The natural Indigenous body on an Indigenous plant based diet needs no protein for general health muscle building etc
- 3) The Structures being called proteins are different amongst varying races of people. For those who have a problem with the term 'race' please refer to "The Apportionment of Human Diversity by Dr Richard Lewontin of Harvard University and his groundbreaking study on biological diversity amongst the races. He categorized human populations into 6 racial groups and recorded the specific diversity that separates them. The paper is available online for free.

It is my position that nitrogenous amine based proteins cause inflammation in cell tissues over acidity and over alkalinity in blood plasma and blood cells. Nitrogen is the lead cause of this inflammation and it comes as obesity whether in an overweight body builder or a 400 lb couch potato, it is the same. This section will also include some discussion on dysfunctional forms of exercise as a lead cause of increased aging and degeneration of tissues.

My first exhibit is Arnold Schwarzenegger the well known politician and movie star who is most know for his body building days.

Arnold Schwarzenegger



On the left we have an obese man in his 30s. On the right years later we have a n obese man in his 60s. The difference? Age? Yet something way more noticeable here is happening. Take a look at the trunk of his body. Its t just fatter. Its wider at the rib cage diaphragm and sternum as if there is INTERNAL SWELLING. One of the ways that bodybuilders get bigger is not just the proteins but the nitrates. Nitrates are the act of getting plants meats or synthetically produced molecules that have nitrogen attached to oxygen's. This causes vaso-dilation. The veins and arteries open wider. There is more blood flow, nutrient flow, and more fluid can flow in both the circulatory

and lymphatic systems. Yet the biological cause of this is never discussed. Why are these vascular systems opening wider. It's a simple answer. The body is trying to get rid of the nitrogen. The action is immunologic. The stretching of these elastic vessels (veins and arteries) gets like an over used rubber band after years.

Now lets take a look at another man in his 60s. He is a fruitarian. Lets ask a man who ONLY eats carbohydrates how he is maintaining a muscular structure with little to no proteins except the skins of fruits.

Take a Look at Robert Martin age 61 a Fruitarian



Other plant based body builders exist as well. Muscles are made of actin and myosin and upon studying their structures we can see the same carboxylic acids present that are present in other tissues.

So how is the plant eating Rasta Torre Washington building muscle.



As I stated previously, nitrogen amines and thus proteins are toxic substances, that the body rids itself of. Science knows this and even has a term for it. Its called deamination. Here is a definition.

Deamination - **Deamination** is the removal of an amino group from a molecule. Enzymes that catalyze this reaction are called **deaminases**. In the human body, deamination takes place primarily in the liver, however glutamate is also deaminated in the kidneys. In situations of excess protein intake, deamination is used to break down amino acids for energy. The amino group is removed from the amino acid and converted to ammonia. The **rest of the amino acid is made up of mostly carbon and hydrogen, and is recycled or oxidized for energy.** Ammonia is toxic to the human system, and enzymes convert it to urea or uric acid by addition of carbon dioxide molecules (which is not considered a deamination process) in the urea cycle, which also takes place in the liver. Urea and uric acid can safely diffuse into the blood and then be excreted in urine.

So once the toxic Nitrogen molecules are removed the rest of an amino acid properly termed carboxylic acid is used for energy. This is a biological process that has existed since life began. So if nitrogen is toxic to energy life processes WHY ARE WE EATING IT?

Tissue inflammation has been related to white blood cells aka leukocytes. Lets just ask why these cells don't have color? Why are they white? Medical Scientists preach that the accumulation of white blood cells around injured tissue is a normal immune response. I disagree. When eating on fruit for long periods of time I have witnessed no inflammation upon injury, just regeneration. Its my thesis that excessive proteins, increase white blood cells and thus inflammation. So are you body building or body destroying?

Why Am I Sick and Obese

The answer. Because your malnourished. Is it genetic? Is it my metabolism? Answer. Its your habit. So if your not going to do expensive dangerous surgeries that look terrible as you age then you should consider eating better.

Here is the key. Once we eat a terrible diet most of our lives then decide to switch we don't know the proper process. There are two things we HAVE to do. Clean our intestines and liver in order to lose weight. When we are on poor diets our intestines are filled with bad bacteria and loads of starch and nitrogen waste slime. The number one food to remove it is lime. Just imagine Elmer's glue stuck to carpet. In order to remove it you need something that can break the bonds up so you get a acid substance that can BIND to the glue. Citrus fruits do this and none does it better than lime juice.. You also need the lime with other types of carboxylic acids called vinegars. Coconut and apple cider are great natural aged fruits. What happens when a fruit ages is that the concentration of the carboxylic acids increase. These build immunity that can bind to amines/nitrogen molecules, fats, and other starchy substances and pull them out of the intestinal tract. The number one culprit is white adipose tissue aka white fat. Lime is excellent at breaking it up and catalyzing its removal

Once the intestinal lining is in better shape you increase absorption and can get nutrients into the liver to detox it so it can do its job, regulate nitrogen levels and increase metabolism (The breakdown of carbohydrates into energy). The number three plant compounds are radishes milk thistle/seed and olives and olive leaf. Use these four and you increase your ability to increase metabolism. Zinc is a huge contributor to metabolism. It regulates over 100 processes

including converting glucose to energy via glucose breakdown and entry into the citric acid cycle. The olive leaf herbs and olives will add tremendously.

A MOST IMPORTANT fact is that when attempting to lose weight you need to NOT EAT A LOT FRUIT, Eat more raw vegetables, green juices, and some cooked veggies with lime to lose weight, Eating too many fruit fools the body. Since carbohydrates are the basis of metabolism eating too much when you are overweight makes your body think it has a sufficient supply. Fooling the body makes it believe it must breakdown the already stored up carbons in the fats. The body then seeks to unbind these fats. Its called gluconeogenesis.

Gluconeogenesis - **Gluconeogenesis (GNG)** is a metabolic pathway that results in the generation of glucose from certain non-carbohydrate carbon substrates. From breakdown of proteins, these substrates include glycolytic amino acids (although not ketogenic amino acids); from breakdown of lipids (such as triglycerides), they include glycerol (although not fatty acids); and from other steps in metabolism they include pyruvate and lactate.

The tips I am giving you will safely remove the issue of obesity in a safe and permanent way.

The last issue of obesity is the micro-parasites ability to control your appetite. Yes they can do it but once you find out HOW they are doing it you can stop it forever. Lets take a look at these guys (The Candida, H Pylori(s)etc) and see how they make us obese.

The Vagus nerve is the organ of choice that micro parasites travel through to 'make you hungry' These micro parasites can tunnel through this nerve highway (specifically peripheral chemoreceptors of the peripheral nervous system connected to the blood) and secrete a substance called ghrelin into the blood stream, brain pathways, or localized organ to create the urge we call HUNGER. The pathway to hunger is the digestive tract adipose tissue and the brain.

BROWN ADIPOSE TISSUE vs WHITE ADIPOSE TISSUE

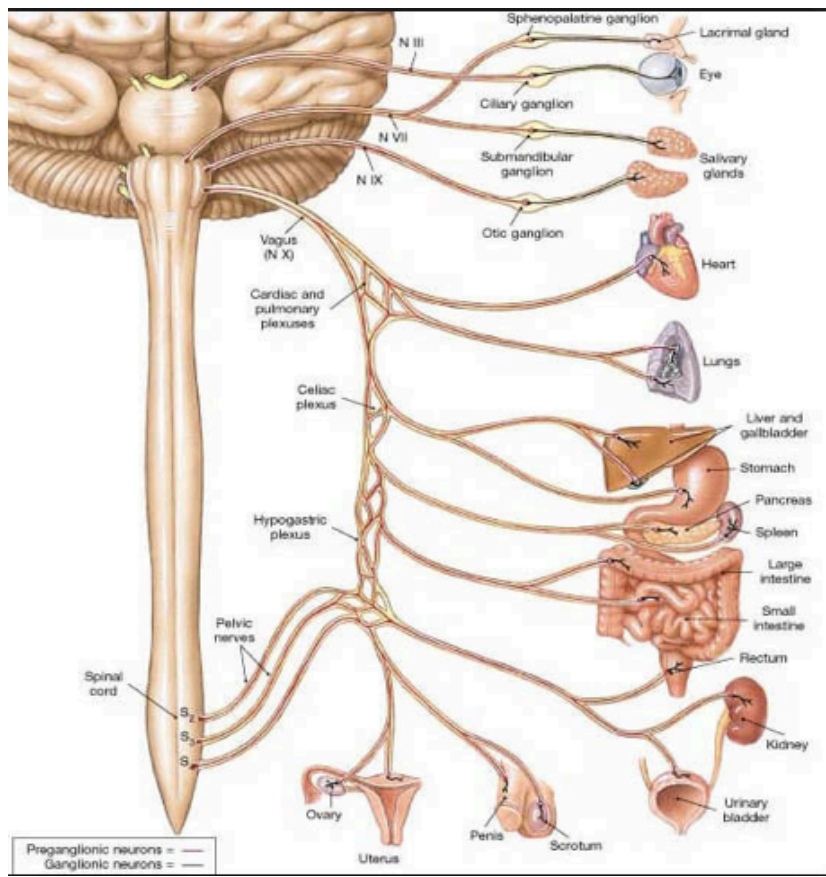
Brown adipose tissue is the natural fat tissues that insulate the body via thermoregulation and catalyze local hormonal as it acts as an endocrine gland. Women naturally need more of this brown adipose tissue.

In contrast to white adipocytes, which contain a single lipid droplet, brown adipocytes contain numerous smaller droplets and a much higher number of (iron-containing) mitochondria, which gives BAT its brown appearance.[2] Brown fat also contains more capillaries than white fat, to supply the tissue with oxygen and nutrients and distribute the produced heat throughout the body⁷.

When the body has excessive white adipose tissue and less brown adipose tissue due to iron deficiencies the body believes it is being starved, especially in women. Brown adipose tissue is related to skeletal muscle production and thus the liver and bones MUST have high concentrations of specific carboxylic acids lime salts of calcium carbonate and high iron to make it. Once the body is in starvation mode it secretes the hunger hormone to increase consumption of foods. The body believes that everyone fat is starving for nutrition. Are they not?

⁷ Enerbäck S (2009). "The origins of brown adipose tissue". *New England Journal of Medicine*. **360** (19): 2021–2023.

The vagus Nerve depicted and the pathways used by micro parasites to secrete a pseudo ghrelin from white adipose tissue deposits.



Above: The Vagus Nerve runs from the brainstem and connects to the heart, lungs, liver, stomach, pancreas, intestines kidney, bladder, male reproductive and female reproductive organs via plexuses and peripheral nervous system -nerve ganglions.

Why Am I Sick and Underweight

Underweight, based on what standard? Everything in nature has a size based on efficiency not ego or vanity. The issue we do want to cover here is avoiding atrophy of the muscles and bones. We start off with Calcium Magnesium and the other bulk minerals and say that deficiency in them can cause bone and muscle atrophy. Atrophy and an inability to maintain healthy weight can be caused by a number of factors. One of the key factors for Indigenous peoples is not getting enough sunlight for Vitamin D.

You need at least 1-2 hours of direct sunlight daily to avoid malnutrition.

You need daily exercise in the form of walking at least 2 miles to maintain healthy skeletal and muscle structures.

You need daily calisthenics if you don't work an active job in agriculture construct or exercise.

Basic Safe Exercises to maintain weight- Start with smaller reps increase as you need it

- Push ups, 3 sets, max reps.
- Chin-ups, 3 sets, max reps.
- Single Leg Squats, 3 sets, 3 max reps.
- Bench Dips, 2 sets, max reps.
- Squats 3 sets max Ham-Glute Raises, 3 sets, max reps.
- Knee lunges 3 sets max Calf Raises, 3 sets, max reps.
- Upside-down Shoulder Press, 3 sets, max reps.
- Crunches, 5 sets, 25 reps.

19 Natural Weight Gaining foods:

Tropical Sea Moss

Coconut Meat

Jackfruit

Breadfruit

Tamarind

Wakame

Kelp

Chia seeds

Hemp seeds

Brazil nuts soaked in lime and sea salt

Chestnuts soaked in lime and sea salt

Pumpkin seeds soaked in lime and sea salt

Watermelon

Wild Rice soaked in lime and sea salt

Kaniwa soaked in lime and sea salt

Quinoa soaked in lime and sea salt

Amaranth soaked in lime and sea salt

**FONIO soaked in lime and sea salt

Navy Beans soaked in lime and sea salt

Dr Ali's Top 20 Most Nutritious 'POPULAR' Foods for Human in Temperate and subtropical Environments & Why

- 1) Watermelon
- 2) Citrus Fruits Limes etc
- 3) Olives
- 4) Black Radish
- 5) Figs
- 6) Grapes
- 7) Mulberries
- 8) Dulse
- 9) Wakame
- 10) Dandelion
- 11) Dill
- 12) Burdock Root
- 13) Lettuce-Endives-Romaine
- 14) Tamarind
- 15) Tropical Sea Moss
- 16) Spinach Wild Varieties
- 17) Jackfruit
- 18) Cucumbers
- 19) FONIO**
- 20) Amaranth

ALL of the above foods provide the master nutrient glucose, plus citrus and the 28 minerals mentioned as necessary for body structure and functions. These foods contain lch (Local Cell Hormones) aka enzymes or catalyze the production of them. They are either all from cultivated wild types or from nature cross-pollination or Indigenous cross-pollination. Getting these basic foods in your diet will increase vitality

Dr Ali's Top 20 worst foods for Humanity & Why

- 1) Land Animal Flesh
- 2) Eggs
- 3) All Animal Milks and by Products Cheese etc
- 4) All fish and seafood except those mentioned as transitional foods
- 5) Rice except wild varieties mentioned as transition
- 6) Flaxseed
- 7) Soy beans and all by products
- 8) Mushrooms
- 9) Collard Greens
- 10) Kale
- 11) Savoy Spinach
- 12) Broccoli
- 13) Cauliflower
- 14) Beans All except others listed as Healthy Transitions
- 15) Nuts All except few listed as healthy
- 16) Cavendish bananas
- 17) Coffee
- 18) Sodas
- 19) Synthetic Fruit Juices
- 20) All Candy

All of the above foods are either amine based toxics, nitrogen fixators, oxalates that bind minerals, have high phytic acid that binds minerals creating non absorption, or are starch based toxins that contribute to micro parasite proliferation and over acid or over alkaline environments.

The Transitional Diet 6 Classifications A-F-Comfortable Transitioning

Classification of Diets

Class F – Toxic Drug Toxic Food Diet Class F Includes –

Smoking Weed Popping Mollys Pills Syrup related drugs and the Flesh and Starch Diet of Class E. This type of intake is the diet of someone ignorant, emotionally unstable and in need of entering an Aboriginal Clinic immediately for counseling and nutritional therapy. Smoking Weed is NOT healthy. It's ok to eat or to extract the oils for brain cell neuroneogenesis and killing adverse mitogens that initiate cancer. The cannabinoids are in the seed and are carbohydrates that must be either eaten or made into a tea/oil. Smoking the leaves creates high levels of ammonia and ammonium cyanide in the lungs, blocks lung alveoli and reduces oxygen to the brain.

Here is a study that was done on smoking Weed

ScienceDaily®
Your source for the latest research news

Driving Performance
In Healthcare.

Data
Analytics
Technology
Expertise

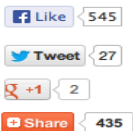
News	Articles	Videos	Images	Books	Refer
Health & Medicine	Mind & Brain	Plants & Animals	Earth & Climate	Space & Time	Matter &

Science News ... from universities, journals, and other research organizations

Marijuana Smoke Contains Higher Levels Of Certain Toxins Than Tobacco Smoke

Dec. 18, 2007 — Here's another reason to "keep off the grass." Researchers in Canada report that marijuana smoke contains significantly higher levels of several toxic compounds — including ammonia and hydrogen cyanide — than tobacco smoke and may therefore pose similar health risks.

Share This:



David Moir and colleagues note that researchers have conducted extensive studies on the chemical composition of tobacco smoke, which contains a host of toxic substances, including about 50 that can cause cancer. However, there has been relatively little research on the chemical composition of marijuana smoke.

In this new study, researchers compared marijuana smoke to tobacco smoke, using smoking machines to

simulate the smoking habits of users. The scientists found that ammonia levels were 20 times higher in the marijuana smoke than in the tobacco smoke, while hydrogen cyanide, nitric oxide and certain aromatic amines occurred at levels 3-5 times higher in the marijuana smoke, they say. The finding is "important information for public health and communication of the risk related to exposure to such materials," say the researchers.



Marijuana smoke contains higher levels of several toxic compounds, including ammonia and hydrogen cyanide, than tobacco smoke. (Credit: U.S. Drug Enforcement Administration)

Related Topics

Health & Medicine
► Smoking
► Lung Cancer
Mind & Brain

Articles
► Smoke
► Nicotine
► Emphysema
► Tobacco addiction

Article on Marijuana from Science Daily continued....

The study, "A Comparison of Mainstream and Sidestream Marijuana and Tobacco Cigarette Smoke Produced under Two Machine Smoking Conditions," is scheduled for the Dec. 17 issue of ACS' Chemical Research in Toxicology.

As We can see smoking the plant is dangerous.

Well what about my medication? Should I take it?

Here are a set of questions that can determine the answer.

How willing are you to consult with the worlds greatest nutritionist to never need a food herb or nutritional consult again? We can point you in the solid direction of bio-organic foods and get rid of all medications gradually.

If you don't have the availability of organic fruit, vegetables and grains that is apart of the problem. You will need to move to a location with better markets to preserve your health otherwise the herbicides and pesticides in the conventional fruits and vegetables WILL MAKE U SICK.

Once you are on a farm, growing foods in your house yard etc or around food markets with organic fresh vegetables fruits and grains then you can combat properly. As to removing the medications, we have to ask another set of questions.

Are you really ready to change your lifestyle and TAKE BACK your health? Once we move away from the flesh, which includes, Beef, Chicken, Specific Fish recommended, seafood turkey, animal milks, the body will then begin to detox. Detox means that all of the mucus and toxic obstruction buildup from poisonous animal flesh cheese animal milks will then begin to slowly remove itself from your system. In order to assist this

detox you will need our guidance which consists of rest, fresh organic fruits, fresh organic vegetables, supplementation with wild herbs to do specialized detox, group support, the will to prepare your own foods to avoid the lazy desire to buy something quick (fast food) and ultimately the desire to practice for long enough to get the results and reestablish new habits. If you are ready to do these things and invoke the discipline, you can stop the toxic medications. If not then don't even think of moving to a Class C, B, or A diet. Medications do nothing for anyone to heal them. Anything without water in it is DEAD and creates only synthetic chemical responses. The body is alive. A Pill can provide no natural hydration and thus contains no life. Imagine an herb in 'pill form'. THAT IS PURE HEALTH FRAUD. A Pill can only feed the body excess waste, toxic chemicals to take away the symptoms NOT THE CAUSE OF THE PROBLEM or the problem itself.

Class E – Flesh Starch Diet- Most popular – I call it symbolically the Genesis Chapter 9 Diet of the Hybrid nations – This diet is filled with animal fat, which is COMPLETELY indigestible by herbivores (Natural Plant eaters). Animal fat creates white fat aka white adipose tissue accumulation in the body, which ferments and couples with white blood cells, which have the goal of parasitically eating your blood, weak cells, and melanin (Vitaligo aka Leprosy).

The first studies done on the dangerous nature of the white blood cells aka white blood corpuscles was done by Dr Thomas Powell. In 1909 he published the Book **“Fundamentals and Requirements of Health and Disease.”** In it he proposes that White blood cells are pathogens and not normal. Dr Arnold Ehret in his Mucusless Diet Healing System advances the same stance as Powell **(Page 71 Mucusless Diet-Blood Composition)**. Simply put consuming animal flesh and heavy starches and cooked foods damages our natural immunity

clogging up the body with mucus creating full body constipation, poor circulation, and the path to chronic disease.

There is no nutrition in flesh. The only possible nutrition is the remnants of the plants that the animal ate. The part of you that calls for flesh is NOT U. It's the micro parasites that eat the amines, albumin, and protein after fermentation. They have taken residence in your body and are causing hydrophobia and increasing ammonium levels (lack of desire for living water, they hate living fruits and vegetables and love starch and flesh).

The evidence of the sickness of the diet is the TERRIBLE smell when you go to the restroom. This is evidence of the inner fermentation, which is the rotting of you from the inside out!!!!!!! When you use the bathroom a sign of health is NO SMELL!

All disease is caused by this poor diet of flesh and starch and life of stress. When you have children you pass down weak chromosomes/Chromatin that have been invaded by the parasitic spores caused by this diet, thus all problems on planet Earth are mostly caused by poor dietary practices. The weak sperm and ovum created via poor nutritional practices is producing a generational self imposed curse.

Class D – Starchatarians – Overcooked Veganism THE GREATEST FAD OF THEM ALL TODAY. These are people who say they are vegetarians, vegans who are actually starchatarians. They cook/overcook and kill food and then digest these depleted substances. Starchatarians go to a menu order rice and beans and overcooked cabbage and think they are eating well. This group has become problem number one when it comes to confusion about diet, simply because they remain sick and think that veganism and vegetarianism DOES NOT WORK, so they usually go back to the flesh diet. A diet

filled with overcooked legumes (beans) is a diet filled with mucous causing foods that ferment. Just eat some overcooked beans and go to the bathroom and watch the odor. It's terrible. The odor or lack thereof tells you whether you are in health or not.

Most beans are nitrogen fixators and have rhizobium fungus in them, which means they absorb nitrogen gas and convert it into ammonium compounds. They are spore-based plants. In transition there is a safe way to partake in some of them reducing the damage and they are good for other purposes as a transition food. Eating rice without soaking it or grains or beans will guarantee damage in the intestines and increased fermentation increase in plant lectins from night shade foods and thus an intestinal tract in jeopardy. Fermentation produces large levels of alcohol so this automatically places you back into Class E & F, because you are drinking alcohol via second hand fermentation. I have run countless tests and scans of clients who say they do not drink alcohol who have excessive levels of alcohol due to fermentation from toxic foods. Over cooking plants destroys the atomic vitality enzymes (lch) and disrupts mineral vibration. In detox there are times to cook vegetables for specific reasons related to gradual detox NOT to sustainable nutritional methods. Plants do not need to be cooked except in rare cases of herbal preparations and detox techniques. They can be soaked in hot water depending on which plants they are. Anyone overcooking plant and fruit foods will age and disease in, like manner as the flesh eaters.

Class C - Aboriginal Vegans and Vegetarians _ These are the Folk who have entered into a healthy eating practice based on our recommendations. They are in full detox mode preparing for full nutritional regiments and cultural revolution They eat Fresh Fruits and vegetables. They never buy conventional foods (due to herbicides and pesticides). They buy organic and locally grown foods that are not sprayed with pesticides. ALL CONVENTIONALLY LABELED FOODS ARE SPRAYED WITH PESTICIDES and pesticides destroy the glandular system of the body, escalate levels of cancerous chemicals, stress the plant into producing excessive estrogens and alter nerve signaling via ammonium compounds. Class C eaters NEVER cook fruits and vegetables except when using specific detox regiments. The only light cooking is done on grains like the master grain Quinoa. Amaranth or wild rice is used. It is soaked properly in lime and sea salts, then lightly prepared with heat and water. This class calls for the use of things like dehydrators to make uncooked items like raw cakes, pies, cookies, etc. This is the creative phase where one can make burgers out of mashed chick peas etc and chips out of vegetables without killing the food. See Aboriginal Chef certifications listed at

SEE Class C Dietary Recipes at recipe section

Class B – Aboriginal Raw foodists are those who ONLY eat Fruits and Vegetables, no cooking at all no dehydration methods all bio-organic foods from their garden or farm or market with properly grown foods. The foods grown in their home yard farm are all AF © Certified meaning they used NO nitrogen fertilizers and instead used recommended mineral fertilizers specifically from granite limestone volcanic or alluvial deposits.

We will list the types of foods that are best to grow and cultivate later in this text.

Class A – Are Aboriginal Fruitarians who eat only carbohydrates (Seeded Wild and Heirloom Fruits), the quintessential fuel of the body.

Class – 0 Aboriginal Sol-Air-ians are those who only eat food from the wild, no farming at. They live in vital environments and spend periods fasting and in meditation where they can produce food from the Sun in their ventricles (via Solar gazing) which flows into the upper tonsils from the base of the pituitary. This is the true Manna from Heaven and these folk gain access to their original powers in all forms. Masters.

A Living Sol-Air-ian
What is Food, the Solar and Oxygen Basis of Nutrition

A study done in India also disproves the food and water myths of European and-Western scientists. An Indian holy man named Pralajani is 80 years old. He says he has not eaten since he was 12 years old. Indian scientists wanted to test Pralajani



Pralajani was tested by Indian Dr Sudhir V. Shah



Dr Shah and his team spent 10 days watching filming and monitoring Pralajani 24 hours a day to see if he could last without water or food. His blood work was checked 3 times a day, tested his kidneys brains and general body state. Pralajani did not urinate or pass stool for the entire ten days.

Pralajani was also monitored by Scientists from the United States. Pralajani claims that he can produce food from Solar gazing and that a small amount of fluid is produced and distributed into the throat.

The question that one can raise is how does a man go without food or water for 10 days, no urination, no bowel movements. How does he do so for over 67 years. Are there things we don't know about the body? The answer is yes. Most of what we do believe is rooted in false perception.

We need a new look at the body, life, and nature in order to make healthier decisions.

On the other side of the coin we can look at him and see certain issues that prove fasting for long fasts also incites disease. His excessive grey hair is a sign of free radicals, which means there is disruption in his cellular energy cycle, citric acid cycle, and thus overall cellular respiration. He is missing minerals and melanins. If his system is perfect then why does he grey> we know that grey hair is a result of disruption of specific areas of the citric acid and cellular respiration cycle and specific compounds that deliver electrons and protons to oxygen. There are a whole complex of ions and lch (Local cell hormones)/enzymes that he is missing. We do not know how long he will live but we have records of older humans that actually ate food.

Food & Disease

Solar Food & Aerobic Plants

First lets define food

Food – any living nutritional part of a wild or heirloom cultivated plant that interfaces with the human body and adds vitality energy in the form of minerals water and carbohydrates. Food sustains health physically mentally and spiritually. Food adds phototropic Sun and plant based

1) negative hydrogen ions, 2) oxygen, 3) water, 4) carbon and other minerals as fuel for the body (carbohydrates from Plants).

Drugs – anything that interfaces with the body that causes sickness disease altered mind states that ill impact proper judgment, natural biological function and conduct. Any substance that alters emotions moods in a dysfunctional way and adds no energy to the body but deprives it of vitality by injuring its physiological processes or tissue structure.

All natural foods are **phototrophic**, which means they grow wild in nature and partake in photosynthesis. Upon A.M.A. (Aboriginal Medical Association) food testing they do not produce ferment mold and are not filled with or sprayed with pesticides. They have no chemical fertilizers added. They have cells and not spores as a basis of their biology.

All unnatural foods are **heterotrophic**. They are anti-solar and anaerobic or aerobic nitrogen fixators. They produce ferment mold upon A.M.A. food testing. They are produced via chemical fertilizers. They are sprayed with pesticides.

A.M.A. food testing Method for all Foods:

Place your food you eat in a mason jar or other sealable glass jar for 72 hours. If it is natural the food should oxidize normally and turn brown black etc.. If it ferments then this means it is heterotrophic. This means it has been adversely impacted by/with either pesticides, fertilizers, or inner tissues that are composed of unnatural structures as a result of not being an heirloom food. DO NOT EAT IT. It is not nutritious to your tissues.

Biological Classifications

Again we classify into 2 categories

Phototrophs & Heterotrophs

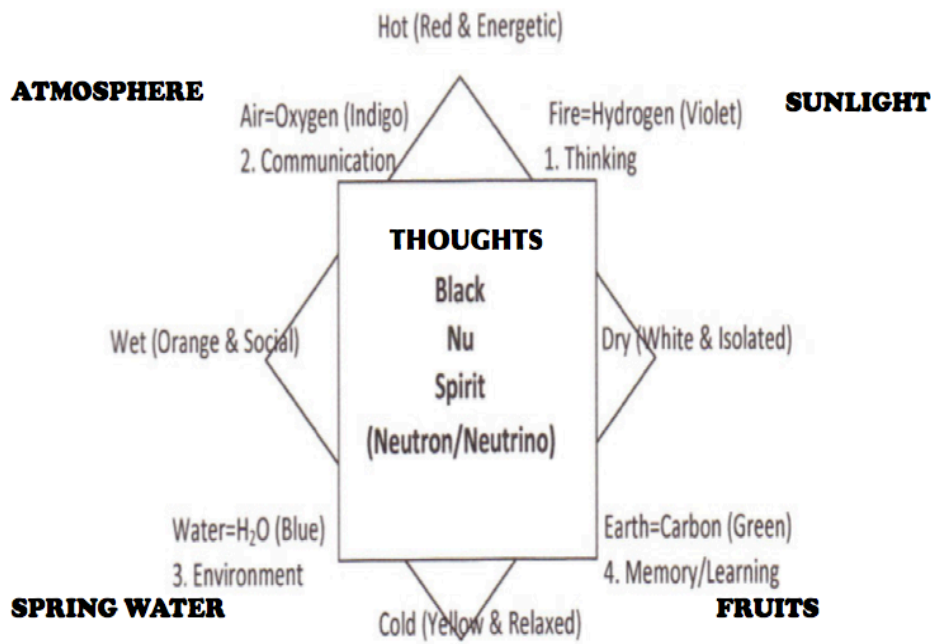
Phototrophs are one with nature's design Sun (Solar Photons), Atmosphere (Aerobic Oxygen), Water (H₂O), & Earth and Cells Base (Carbon Copper Iron etc..)

Heterotrophs are not natural (Lunar Frequencies), (Nitrogen gas Fixators), Ammonia Fluids, (Spores Nitrogen ammonium and starches)

If they don't fit on this table they are abnormal. Nitrogenous fixators amongst races, animals and plants are allergic to nature and can only live off of that which is dying. The evidence is how these entities interact with the Sun

TABLE OF NATURE-LIFE

Natures Measurement



Agricultural Wars

The basic discussion here is on who inspired farmers to use nitrogen in soils. It was Justus Von Liebig. Liebig created the biggest lie in history and now farmers worldwide including some said organic farmers are using his techniques, which are destroying soil and the plants growing out of them. He and Dr Julius Hensel incited a 19th century and 20th century war over the question of using nitrogen or minerals for fertilizers. Justus Von Liebig won and thus our discussion on soil depletion.

Scientific American published an article on soil depletion and the use of NPK (Nitrogen Potassium Phosphorus) fertilizing techniques. They state that 1 out of 5 atoms in our bodies is from the use of NPK fertilizer, Are we POSSESSED with the idea of this German Justus von Liebig?

Justus Freiherr von Liebig^[2] (12 May 1803 – 18 April 1873) was a German chemist who made major contributions to agricultural and biological chemistry, and was considered the founder of organic chemistry.^[3] As a professor at the University of Giessen, he devised the modern laboratory-oriented teaching method, and for such innovations, he is regarded one of the greatest chemistry teachers of all time.^[4] He is considered the "father of the fertilizer industry" for his discovery of NITROGEN as an essential plant nutrient, and his formulation of the Law of the Minimum which described the effect of individual nutrients on crops



Justus Von Liebig

One of his most recognized accomplishments is the development of nitrogen-based fertilizer. In the first two editions of his book (1840, 1842), Liebig reported that there was not sufficient nitrogen in the atmosphere, and argued that nitrogen-based fertilizer was needed to grow the healthiest possible crops

- In his theory of mineral nutrients, Liebig identified the chemical elements of Nitrogen (N), Phosphorus (P), and Potassium (K) as essential to plant growth. He reported that plants acquire Carbon (C) and Hydrogen (H) from the atmosphere and from water (H_2O). As well as emphasizing the importance of minerals in the soil, he argued that plants feed on nitrogen compounds derived from the air. This assertion was a source of contention for many years, and turned out to be true for legumes, but not for other plants



The young Liebig: 1843 lithograph after an 1821 painting (Liebighaus)

The adversary of Liebig and the politicians scientists and farmers of his time was Dr Julius Hensel

Dr. Julius Hensel (born July 11, 1833, in Küstrin, died probably 1903 in Berlin) was a German agricultural and physiological chemist or pharmacist, who later qualified as a doctor of medicine; described as one of the greatest pioneers of biochemistry[1]*[unreliable source?]* and was considered by his followers as the "inventor" of the mineral field fertilization with rock flour. He published "Macrobiotic" in 1882; he suggested that the underlying cause of all disease is a lack of mineral substances, which are essential to the functioning of the body's cells



Liebig won out over Hensel. Farmers worldwide now follow Justus von Liebig’s nitrogen theory of agriculture. Aboriginal Farms does not. We advocate the proper diet to stop soil depletion all together Class book.

As a start we advocate the techniques of Dr Julius Hensel and add that volcanic rocks alluvial flat deposits as well as limestone and granite hold the keys to strengthening the soil. Another very out of box proposal deals with a Indigenous Prophecy that has been fulfilled about how earth will heal. We placed this information in the Book Star Prophecy and will elaborate in brief in this material

Needless to say scientists are now agreeing with Hensil today.

ScienceDaily[®]

Your source for the latest research news

It's gone. [Undo](#)

What was wrong with this ad?

☐ Repetitive ☐ Inappropriate ☐ Irrelevant

Mobile: iPhone Android Web

Follow: Facebook Twitter Google+

HEALTH

PHYSICAL/TECH

ENVIRONMENT

SOCIETY/EDUCATION

QUIRKY

Latest Headlines

Health & Medicine

Mind & Brain

Space & Time

Matter & Energy

Computers & Math

Plant

Featured Research

from universities, journals, and other organizations

Nitrogen Fertilizers Deplete Soil Organic Carbon

Date: October 30, 2007

Source: University of Illinois at Urbana-Champaign

Summary: The common practice of adding nitrogen fertilizer is believed to benefit the soil by building organic carbon, but soil scientists dispute this view based on analyses of soil samples from the Morrow Plots that date back to before the current practice began.

Share This

> Email to a friend

> Facebook

> Twitter

> LinkedIn

> Google+

> Print this page

78

Natural Agriculture

Dangers of Nitrogen Fertilizer

The common practice of adding nitrogen fertilizer is believed to benefit the soil by building organic carbon, but four University of Illinois soil scientists dispute this view based on analyses of soil samples from the Morrow Plots that date back to before the current practice

The research, also drawing upon data from other long-term trials throughout the world, was conducted by U of I soil scientists Saeed Khan, Richard Mulvaney, Tim Ellsworth, and Charlie Boast. Their paper "The Myth of Nitrogen Fertilization for Soil Carbon Sequestration" is published in the November/December 2007 issue of the Journal of Environmental Quality." It is truly fortunate that researchers over the past 100 years have been diligent in collecting and storing samples from the U of I Morrow Plots in order to check how management practices have affected soil properties," said Khan. The Morrow Plots are America's oldest experimental field. "We were intrigued that corn growth and yields had been about 20 percent lower during the past 50 years for the north (continuous corn) than for the south (corn-oats-hay) end of the Morrow Plots, despite considerably greater inputs of fertilizer nitrogen and residues." To understand why yields were lower for plots that received the most nitrogen, Khan and his colleagues analyzed samples for organic carbon in the soil to identify changes that have occurred since the onset of synthetic nitrogen fertilization in 1955. "What we learned is that after five decades of massive inputs of residue carbon ranging from 90 to 124 tons per acre, all of the residue carbon had disappeared, and there had been a net decrease in soil organic carbon that averaged 4.9 tons per acre. Regardless of the crop

rotation, the decline became much greater with the higher nitrogen rate," said Khan.

Mulvaney says that the findings have troubling implications for corn production due to the widespread use of yield-based nitrogen recommendations since the 1970s. "The one-size-fits-all approach was intended to minimize the risk of nitrogen deficiency as insurance for high yields. Unfortunately, the usual result is over-fertilization because of the assumption that the fertilizer supplies more nitrogen than the soil. The opposite is true in most cases, and especially for the highly productive soils of the Corn Belt that receive the highest nitrogen rates." Added Khan, "The rates have been progressively inflated over the years by yield increases from agricultural advances such as better varieties and higher populations." Their findings for the Morrow Plots are confirmed in published literature from field studies that included initial soil organic carbon data. "In numerous publications spanning more than 100 years and a wide variety of cropping and tillage practices," said Boast, "we found consistent evidence of an organic carbon decline for fertilized soils throughout the world and including much of the Corn Belt besides Illinois."

The use of chemical fertilizers (nitrogen based) leads to the following evil consequences:

- 1) It poisons the soil destroying beneficial soil bacteria, earthworms and humus
- 2) It creates unhealthy unbalanced mineral deficient plants lacking resistance to disease and insect pests leading to the spraying menace in an effort to preserve these defective specimens
- 3) It leads to disease among animals and men who feed on these abnormal plants and their products
- 4) It leads to a tremendous expense on the farmer, because chemical fertilizers being extremely soluble are quickly washed from soil by rainfall and needs constant replacement (Powdered rocks on the other hand being less soluble are not easily washed from the soil but keep releasing minerals to it for many years (Bread From Stones Page 7 Dr Julius Hensel)

From Food Industry to Food technology- Nano Tech & Atomic/Molecular Computers

The definition of the food industry was when society had a change from rural farms workers employed to create a safe method of delivering food to catapulting into large populations using more technological equipment to serve the rise in numbers of people animals and thus a need for more plants to grow to feed them. Food industrialization only became necessary after the abandonment of agricultural societies and socially engineered changes from rural life to metropolises. So it was technological changes that allegedly made life easier that drove humans to leave farms. Well now the people are and have abandoned whole industries due to further technology changes. Technology is changing and is going to change food now and in the future.

The chemical treating and poisoning of water has made us all abandon tap for the most part and seek bottled water or if you are lucky a natural spring.

Will people in the future pay for air? The subconscious marketing already put out a movie about it for CHILDREN called the Lorax. The loss of trees made cities a basic enclosed container that MADE Air for its population. Its not farfetched at all.

I can see the whole cycle. We went from harvesting wild foods for eons as a natural process, to farming, to the food industry, to biotechnology. At each step we depleted humanity of health, depleted the environment, and set up more centralized control. Now humanity is going back and reversing the route back to simple industrial methods, local agriculture and even foraging for wild foods. So where is the improvement. At the cost of our

own health and the health of our natural environment we have literally went NOWHERE.

Now basically scientists have learned to program food like a computer via genetic modification and recombinant DNA technologies. With the development of molecular nano computers already a reality what is next.

Instead of organically adding minerals to the soil ecosystem and thus the foods and our bodies scientists will just upload minerals to depleted foods like we upload documents from a flash drive to a hard drive. These processes are going to and already have started altering humanity forever. Can we say Machine world. Ray Kurzweil the famous inventor and trans humanist was right. By 2029 computers robots and these nano processes will rule the world. Is the idea of eating going to be archaic in the future? I foresee the cycle circling itself again. After all the experimentation one nano-virus could wipe out the trans humanists. Imagine a solar flare shutting down your nano-electric nutrients in your nano-food. Senseless.

Here's how its going to happen. As food supplies die off to depleted soils and disease (architected intentionally), food scientists will make 'technological and alleged innovative discoveries. Keeping mind these said discoveries ALREADY exist which I can partially prove. Humans will be crying out for answers then voila the announcements will create a sigh of relief. Those that do not go along HAVE to operate a certain level of independence and LEARN how to protect their food supplies. Monsanto already attacks organic farmers. In the future your food sources will have to be militarily protected and kept secret. So for the naysayers let me show you what's already happening.

Take a look at this man. He is probably one of the most renowned nano-inventors of our time. His name is Robert Freitas. I started following his works 20 years ago. I have watched technology change over 20 years what could have taken 1000 years under normal conditions.



Robert A. Freitas Jr., J.D., published the first detailed technical design study of a medical nanorobot ever published in a peer-reviewed mainstream biomedical journal and is the author of *Nanomedicine*, the first book-length technical discussion of the medical applications of nanotechnology and medical nanorobotics. Volume I was published in October 1999 by Landes Bioscience while Freitas was a Research Fellow at the Institute for Molecular Manufacturing (IMM) in Palo Alto, California. Freitas published Volume IIA in October 2003 with Landes Bioscience while serving as a Research Scientist at Zyvex Corp., a nanotechnology company headquartered in Richardson, Texas during 2000-2004. Freitas is now completing *Nanomedicine* Volumes IIB and III and is also consulting on diamond mechanosynthesis, molecular assembler design, and nanofactory implementation as Senior Research Fellow at IMM. He won the 2009 Feynman Prize in nanotechnology for theory, the 2007 Foresight Prize in Communication, and the 2006 Guardian Award from Lifeboat Foundation, and was awarded the first patent on diamond mechanosynthesis on 30 March 2010.

Appendix info lists all of the known papers from Freitas and others in respect to nano-medicine technologies and their implications. So is this 'theoretical' ? Just as much as a theoretical physicist like Albert Einstein. Our future will be dominated by these realities. Imagine uploading a thought pattern similar to the movie Matrix when NEO needed to learn. He simply uploaded the program. Robert Freitas already hypothetically designed neuronanorobots for a monitoring system called the Human Connectome Project a full online project that gives the most advanced physiological and anatomical information about the human brain.

Robert A. Freitas Jr., "Human Connectome Mapping and Monitoring Using Neuronanorobots," ***J. Evol. Technol.*** 26(January 2016)

The reality is all the hard work has already been done on plants. The molecular and genomic modification of biology is a real science. It effects us so much that many of us are walking around right now with these augmented biological machines in the form of complimentary cloned DNA-bots.

One such plant that we eat often is Savoy Spinach, which should be called robot spinach as it is no longer what nature made it and it must be 'REGULATED' by humans/ Every few years there is another e-coli outbreak in it which comes as a result of the cloned robot virus taking on its on self organized mutations which are STUDIED as a pilot project to see how this robotic cloned e-coli acts and reacts in biology.

A Few years ago I wrote this article about E-Coli and genetic modification of Savoy Spinach.

An age-old plant has headed for controversy. The latest e-coli breakouts amongst 39 states have people wondering, "What's wrong with the spinach?"⁸

There is a simple answer GENETIC MODIFICATION-BIOTECHNOLOGY and Food Warz. What is Biotechnology when it comes to foods? It is the process of a company like Monsanto using e-coli as a recombinant cloned DNA technology in foods or using it as a bio-warfare tactic against Organic Farmers. If one reads the article I have included in this material, they will notice that the outbreak of E-Coli occurred with all organic farmers, those who oppose Monsanto! IS bio-warfare occurring in food? Does this really happen? YES

James D. Watson was one of the modern European founders of the DNA double helix. He accomplished this with Francis Crick and won the Nobel Peace Prize for doing so. In his Book DNA ***The Secret of Life*** he discusses the beginnings of recombinant DNA also know as active Virus molecules. Watson discusses the works of Arthur Kornberg who made viral copies of 5,300 base pairs of DNA⁹

*"Arthur Kornberg was the first to ***'make life' in a test tube***. He would work with viral DNA and was ultimately able to induce*

⁸ Article on E coli out break
http://www.huffingtonpost.com/2013/02/14/spinach-recall-taylor-farms-e-coli_n_2687967.html

⁹ DNA The Secret of Life by James Watson page 88

*replication of all of the viruses' (DNA Polymerase) 5,300 base pairs of DNA. But the product was not 'alive'; though identical in DNA sequence to its parent, it was biologically inert. The missing ingredient would remain a mystery until 1967, when Martin Gellert at the National Institutes of Health and Bob Lehman at Stanford simultaneously identified it. This enzyme was called 'ligase'. Ligase made it possible to glue the ends of DNA molecules together. Kornberg could replicate the viral DNA using DNA polymerase and, by adding ligase, join the two ends together so that the entire molecule formed a continuous loop, just as it did in the original virus. Now the artificial viral DNA behaved exactly as the natural one did; **the virus normally multiplies in E. Coli, and Kornberg's test-tube DNA molecule did just that.**" ¹⁰*

So as we can see, E Coli was the first **bacterial viral protein** used as an incubator for viral proteins in genetic modification via recombinant cloning DNA. Recombinant DNA is a 'trick word' for cloned DNA, which is actually a virus that has been 'activated' in the tissues of a plant or animal/human. PAY ATTENTION & STOP EATING SPINACH POPEYE!

So is this stuff (E-COLI) secretly put in spinach? YES. Its hidden away in Scholarly articles that most folk don't read. The representative Gene model is called CPN21, which is a protein that is genetically infused into spinach to virally recombine E coli into the spinach genome. It is my view that this is what these 'outbreaks' really are. A Full Article is attached herein¹¹ in the appendix.

¹⁰ IBID page 88

¹¹ Department of Chemical Engineering – University of Washington
 Institut für Physiologische Chemie, University Krankenh Eppendorf,
 Martinistrasse Hamburg Germany **"Spinach Chloroplast cpn21 Co-chaperonin Possesses Two Functional Domains Fused Together**

So what of these out breaks in 39 states? Is a 'random virus' that is contractually used by Monsanto appearing out of nowhere, or is this some sort of biotechnology mistake or warfare?

The E-coli strand of viral biotechnology is so common, it's used in the synthetic insulin given to folk with diabetes¹². YES Your synthetic insulin is uploaded into your system via a bacteria that causes all kinds of pathological disease (Insulin-bots).

Biotechnology aka GMO (Genetically Modified Organisms) are all around us, in the food preservatives and non-organic fruits, vegetables grains and animal flesh. They are even in some organic fruits and vegetables. How can one have Organic seedless grapes? Sounds like Double talk right? Check the colchicine a known toxic substance.

So if we want to take a big bite out of some spinach know and understand that the lineages of these seeds are being contaminated. The recalls are there for us to see. Are they the product of biotechnologies warfare against wholesome food. Have we ever heard of Eugenics? Is it beyond, these folk to attempt to poison large populations of people? I would say no it is not.

We should all take note of what is occurring around us. We are in a Food war.

in a Toroidal Structure and Exhibits Nucleotide-dependent Binding to Plastid Chaperonin 60 "

¹² Article on Ecoli used in Genetically modified Insulin for diabetes patients

<http://www.littletree.com.au/dna.htm>

E Coli in Spinach Article Link

<http://www.jbc.org/content/270/18/10695.full>

Source

Scientists Contact

To whom correspondence should be addressed. Tel.: 302-695-7437; Fax: 302-695-4260

Names of Scientists

François Baneyx, Uwe Bertsch, Cathy E. Kalbach, Saskia M. van der Vies, Jürgen Soll, and Anthony A. Gatenby

Department of Chemical Engineering – University of
Washington Institut für Physiologische Chemie, University
Krankenh Eppendorf, Martinistrasse Hamburg Germany
**“Spinach Chloroplast cpn21 Co-chaperonin Possesses Two
Functional Domains Fused Together in a Toroidal
Structure and Exhibits Nucleotide-dependent Binding to
Plastid Chaperonin 60 “**

Abstract

Chloroplasts contain a 21-kDa co-chaperonin polypeptide (cpn21) formed by two GroES-like domains fused together in tandem. Expression of a double-domain spinach cpn21 in *Escherichia coli* groES mutant strains supports growth of bacteriophages and T5, and will also suppress a temperature-sensitive growth phenotype of a groES619 strain. Each domain of cpn21 expressed separately can function independently to support bacteriophage growth, and the N-terminal domain will additionally suppress the temperature-sensitive growth

phenotype. These results indicate that chloroplast cpn21 has two functional domains, either of which can interact with GroEL in vivo to facilitate bacteriophage morphogenesis. Purified spinach cpn21 has a ring-like toroidal structure and forms a stable complex with E. coli GroEL in the presence of ADP and is functionally interchangeable with bacterial GroES in the chaperonin-facilitated refolding of denatured ribulose-1,5-bisphosphate carboxylase. Cpn21 also inhibits the ATPase activity of GroEL. Cpn21 binds with similar efficiency to both the α and β subunits of spinach cpn60 in the presence of adenine nucleotides, with ATP being more effective than ADP. The tandemly fused domains of cpn21 evolved early and are present in a wide range of photosynthetic eukaryotes examined, indicating a high degree of conservation of this structure in chloroplasts.

Spinach E Coli Break out Article 2/14/2013 by Hunter Stuart

If you live in one of the 39 states listed below, you may want to check your spinach.

Taylor Farms Retail Inc. announced in an online statement that it was voluntarily recalling some Organic Baby Spinach products due to possible contamination with Enterohemorrhagic E. coli (EHEC), a bacteria that can cause severe infection leading to abdominal cramps, vomiting and (sometimes hemorrhagic) diarrhea.

EHEC can also lead to a sometimes-fatal disease known as Hemolytic Uremic Syndrome, which causes kidney failure and nervous system problems, especially in children and the

elderly.

The recalled spinach is being sold in the following 39 states across the country: Wyoming, Wisconsin, Virginia, Utah, Texas, Tennessee, South Carolina, Pennsylvania, Oklahoma, New York, New Jersey, Nevada, New Mexico, Nebraska, North Carolina, Montana, Mississippi, Minnesota, Missouri, Maryland, Louisiana, Kentucky, Kansas, Illinois, Indiana, Idaho, Iowa, Hawaii, Georgia, Florida, Delaware, Colorado, California, Arizona, Arkansas, Alabama, Alaska, Washington and Oregon.

The spinach that is being recalled is being sold in 5-oz and 16-oz trays under the following names: Central Market Organics, Full Circle Organics, Marketside Organics, Simple Truth Organics and Taylor Farms Organic. All the recalled spinach has a "best by" date of February 24, 2013, Taylor Farms said.

[Click here](#) to see the Universal Product Code numbers (UPCs) for the recalled products.

The company, which said the recall was a "precautionary measure," says anyone with one of these products should not eat it and should throw it away. For more information, contact Taylor Farms at 855-293-9811.

An outbreak of EHEC in 2011 infected over 1,100 people in Germany, causing six deaths, according to the World Health Organization.

This isn't the first (or even the second) time Taylor Farms has had to recall its spinach after selling it to supermarkets. Last year the company voluntarily recalled its Organic Baby Spinach after a test by the USDA found there was a potential of salmonella contamination.

And in 2011 it was forced to recall over 3,200 bags of salad greens, also because of potential salmonella contamination, after an inspector with the Washington Department of Agriculture conducted a random test on a bag of spinach.

The Huffington Post has reached out to Taylor Farms for comment.

Syngenta Article Patents on Terminator Seed Technology

Date: 13 March 2001

RAFI NEWS: New Terminator patent goes to Syngenta

(RAFI is the Rural Advancement Foundation International with headquarters in Winnipeg, Canada. RAFI is concerned about the loss of biodiversity and about the impact of intellectual property on farmers and food security. www.rafi.org)

3/12/2001 - News Releases

New Terminator Patent Goes to Syngenta **World's Largest Agrochemical and Seed Enterprise Holds** **Growing Arsenal of Terminator and Traitor Technologies** **Wake-Up Call for CBD's Scientific Body Meeting in Montreal**

Syngenta, the world's largest agribusiness firm, was formed on 13 November 2000 with the merger of AstraZeneca and Novartis. The next day the company won its newest Terminator patent, US Patent 6,147,282, 'Method of controlling the fertility of a plant.' (The patent was issued to Novartis - but the company's intellectual property goes to Syngenta.) With pro forma 1999 sales of US \$7 billion, Syngenta is the world's largest agrochemical enterprise, and the third largest seed corporation.

'Syngenta's newest Terminator patent should set off alarm bells for governments concerned about biodiversity and Farmers' Rights,' said Julie Delahanty of RAFI. 'Some governments and civil society organizations (CSOs) mistakenly assume that the threat of Terminator is diminished. The reality is that the Gene Giants are winning new patents, and Terminator seeds are moving closer to commercialization,' warns Delahanty.

'Terminator technology' refers to plants that have been genetically modified to produce sterile seed; it is designed to prevent farmers from saving and re-planting their seed, forcing them to buy new seeds every year. Terminator has been widely condemned as an immoral technology that threatens global food security, especially for 1.4 billion people who depend on farm-saved seed. In 1999, due to mounting opposition to Terminator seeds, both Monsanto (now Pharmacia) and AstraZeneca (now Syngenta) vowed not to commercialize genetic seed sterilization technology.

Syngenta now controls at least six Terminator patents and a host of new patents on genetically modified plants with defective immune systems.

If the Gene Giants get their way, warns RAFI, sterility is just one of many traits that could be controlled by the application of external chemicals. 'Traitor' technology or genetic trait-control allows companies to engineer crops that depend on the external application of a chemical in order to develop into fertile, or healthy plants. Using inducible promoter systems, a plant's genetic traits can be turned 'on or off' with the application of an external chemical catalyst.

RAFI and other CSOs warn that a new generation of chemically

dependent plants will be among the next wave of genetically modified crops unless action is taken to ban them.

Terminator and Traitor seeds are a real and present danger for global food security and biodiversity,' said RAFI's Hope Shand. 'The Biodiversity Convention's scientific advisors (SBSTTA) meeting in Montreal this week can't afford to let genetic trait control technology - or GURTs -slip beneath their radar.'

A new report to be released by RAFI this week points out that Terminator patent portfolios have changed hands in the latest round of industry mergers and acquisitions. RAFI's new report on Terminator technology examines new patents, identifies the Gene Giants who controls them, and offers recommendations to policymakers. Highlights include:

Syngenta's New Terminator Patent: US Patent 6,147,282 is the latest in a series of Terminator patents won by Novartis. The patent describes a complex system for chemical control of a plant's fertility. The application of a chemical inducer can be used to either abolish or restore a plant's fertility.

Syngenta's New Traitor Patents: Civil society organizations (CSOs) are particularly alarmed by Syngenta's new patents which involve the engineering of plants with weakened immune systems. The new patents were identified in October 2000 by Action Aid, Berne Declaration, GeneWatch and the Swedish Society for Nature Conservation.(1) RAFI identified earlier AstraZeneca and Novartis patents for 'chemically dependent' plants - dubbed 'Traitor' technology by RAFI. If companies can successfully engineer seeds to perform only with the application of a proprietary pesticide or fertilizer, it will reinforce chemical dependencies in agriculture - and both farmers and food security will be held in biological bondage to the Gene Giants.

The inventors claim that they are developing 'immune-compromised' plants for research purposes only. But CSOs cannot ignore the specter of chemically dependent plants in the hands of the world's largest agrochemical corporation. Delta & Pine Land Aims to Commercialize Terminator: US-based Delta & Pine Land is the world's largest cotton seed company and jointly holds three patents for Terminator technology with the US Department of Agriculture. Harry Collins, Vice-President for Technology Transfer at Delta & Pine Land, told RAFL that his company is continuing research on genetic seed sterilization with the goal of commercializing Terminator seeds.

For SBSTTA's scientific advisors meeting in Montreal, the handwriting is on the wall: Research and development of genetic trait control technology - including Terminator seeds and the development of plants with weakened immune systems- is moving forward. Unless governments take action to ban these technologies, they will be commercialized, with potentially devastating impacts on farmers, biodiversity and food security.

If present trends continue, farmers will become trapped in a pattern of biological controls that lead to 'bioserfdom.' National seed sovereignty will be destroyed, and food security endangered.

Terminator on the Road to Rio+10: SBSTTA delegates meeting in Montreal this week are likely to postpone consideration of Terminator and other genetic trait control technologies in anticipation of a new study now being prepared by FAO, as recommended by the Conference of Parties (COP5) to the Convention on Biological Diversity which met in May 2000. Postponing a decision to ban Terminator is a mistake, but

governments will have important opportunities to take action in 2001-2002:

World Food Summit Five Years Later: When heads of state meet 9-15 November 2001 in Rome they should re-affirm the recent findings of FAO's Panel of Eminent Experts on Ethics, which concluded that Terminator seeds are unethical, and recommend that member nations ban the technology.

COP6 - The Sixth Conference of the Parties to the Convention on Biological Diversity meets in The Hague, 8-26 April 2002. After numerous studies on genetic trait control technology, COP6 should ban Terminator as an anti-farmer technology that threatens biodiversity and national seed sovereignty.

UNCED's Rio+10: Over 100 Heads of State meeting in South Africa in June 2002 will have the opportunity to call for a ban on Terminator technology as an immoral application of genetic engineering that threatens biodiversity.

Table: Who Owns Terminator Patents? Company/Institution (followed by name of original assignee) Syngenta (Novartis)
US 6,147,282 14 Nov. 2000

Syngenta (Novartis) US 5,880,333 9 March 1999
Syngenta (Zeneca) US 5,808,034 15 Sept. 1998
Syngenta (Zeneca) WO9738106A 16 Oct. 1997
Syngenta (Zeneca) WO9735983A2 2 Oct. 1997
Syngenta (Zeneca) WO9403619A2 and A3 17 Feb. 1994
Delta & Pine Land/USDA US 5,723,765 3 March 1998
Delta & Pine Land/USDA US 5,925,808 20 July 1999
Delta & Pine Land/USDA US 5,977,441 2 Nov. 1999
BASF (ExSeed Genetics, L.L.C./Iowa State University) WO9907211 18 Feb. 1999
DuPont (Pioneer Hi-Bred) US 5,859,341 12 Jan. 1999

Pharmacia (Monsanto) WO9744465 27 Nov. 1997
Cornell Research Foundation US 5,859,328 12 Jan. 1999
Purdue Research Foundation (with support from USDA)
WO9911807 11 March 1999

For more information:

Julie Delahanty, RAFI: 819 827-9949 julie@rafi.org Hope
Shand, RAFI: 919 960-5223 hope@rafi.org Silvia Ribeiro,
RAFI: silvia@rafi.org

RAFI is the Rural Advancement Foundation International with headquarters in Winnipeg, Canada. RAFI is concerned about the loss of biodiversity and about the impact of intellectual property on farmers and food security. www.rafi.org

1) Warwick, Hugh. 'Syngenta: Switching off farmers' rights?' published jointly by Berne Declaration, Swedish Society for Nature Conservation, GeneWatch UK, Action Aid, October, 2000. While this publication identifies many additional patents, some initially identified by RAFI, we categorize only three of the new Novartis patents as 'traitor' technologies. These include: US 6,057,490, US 6,091,004, US 6,107,544.

(RAFI makes a distinction between those patents that involve primarily male sterility to facilitate making hybrids. We also do not include patents, which we classify as more 'generic' inducible promoter patents.)

Foods You Should NOT eat If you Have Autoimmune Disorders

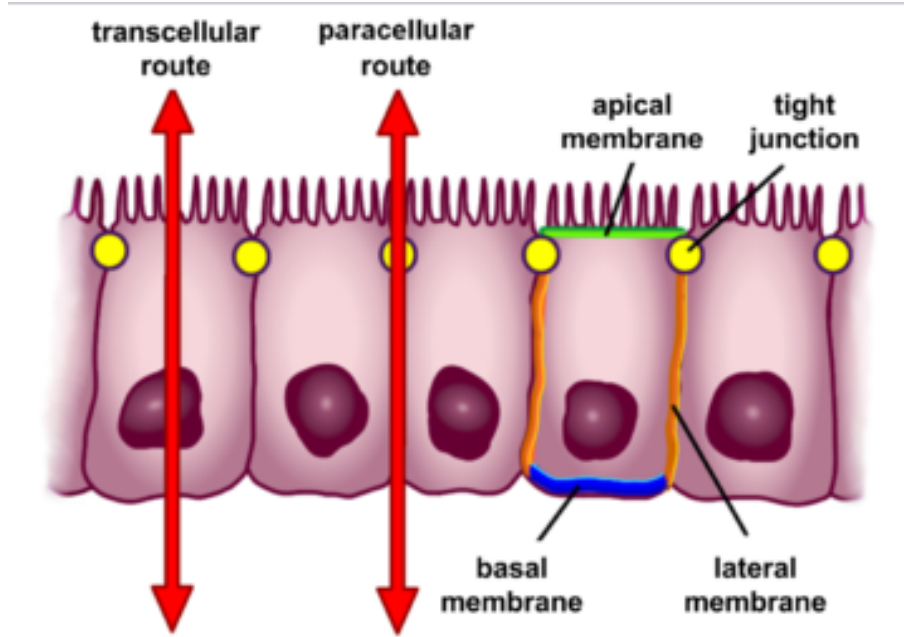
An Autoimmune disorder is a condition wherein the white blood cells start attacking your body tissues. Often it is defined as your own immune system attacking your tissues. That is not the case as we have established the white blood cells are NOT natural immunity. For the entire discussion on this get the 600 page book by Dr Thomas Powell Fundamental Requirements of Health and Disease 1909.

It is my position that the cause of autoimmune disorders is poor nutrition, which causes accumulation of toxins that cause breaks in the mucosal lining of the intestines. Often misnamed 'leaky gut syndrome' the proper name being increased intestinal permeability, this condition allows for undigested food particles micro bacteria and fermented food products to enter the bloodstream. This alerts white blood cells to attack. The standard American diets make the count of these white blood cells high from years of flesh starch and toxic mineral deprived diets.

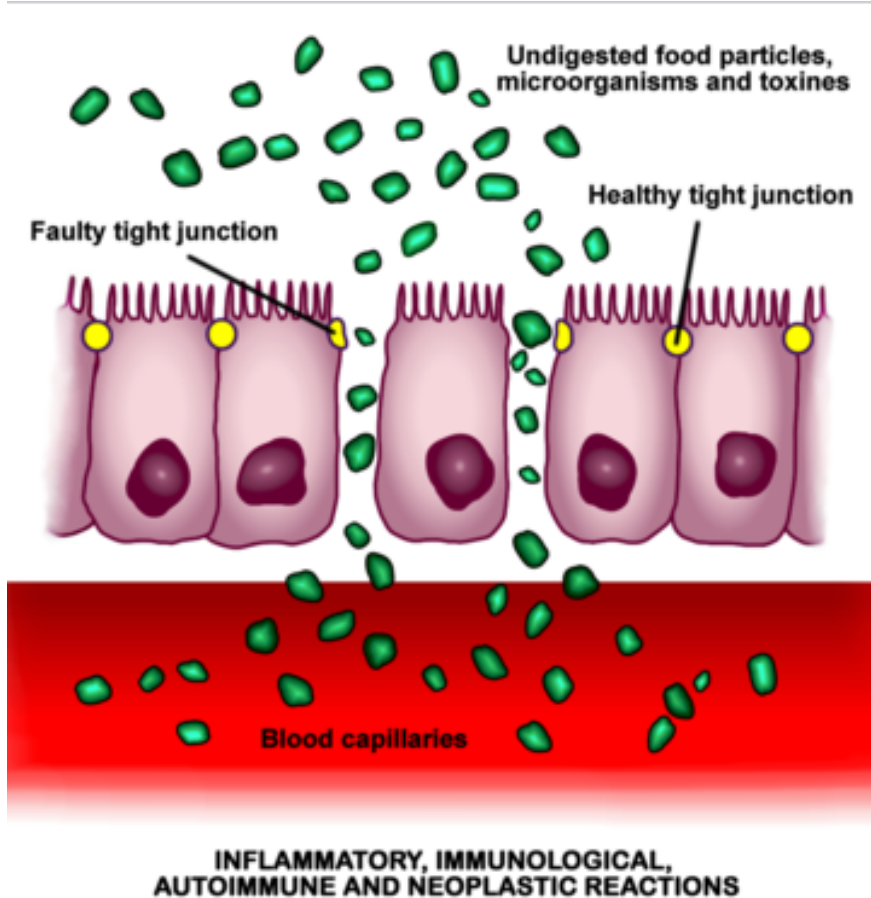
Foods that are not Ethno-genetic have become apart of our diets. A Major family of these foods are those that have high prolamin and agglutination lectins, which causes IIP 'increased intestinal permeability'. Add in gluten and high fermentation in our guts from childhoods of animal milks cereal sugars etc, the fermentation caused the production of alcohol which thins membrane claudin carboxylic structures that acts as a junction and filtering system. This tells us that in order to heal autoimmune disease like crones disease celiacs etc we need to repair these structures. The perfect foods for this are sea vegetables. They are high in minerals (lch) enzymes and carboxylic structures. If high levels of scar tissue have

developed then stimulating hematopoietic stem cells in the area can be done using Dulse turmeric and chlorella. The repair can be fueled with the energy for the neogenesis of tissues with black radish dandelion milk thistle and black walnut to detox the area of biome pathogens. I suggest an ionic mineral supplement like EYE-ON by Aboriginal Medical Association to deal with any mineral deficiencies that exist as no healing can take place without plant based minerals. The minerals should be in a liquid lime tincture to insure some pre lower digestive absorption in order to get the minerals transited to the area with the right lch's/enzymes and other necessary carriers attached.

Here is an example of the Increased Intestinal Permeability that causes Auto-immune disorders



Breaches in the mucosal wall and Claudin Structures. Severe magnesium deficiencies impact the functioning and structure of the tight junctions of Claudin



Persons diagnosed with auto-immune disorders do not want to eat any foods with prolamin and agglutinous lectins wheat

glutens, foods that ferment, excess fruit as the sugars can ferment.

Lectins are part of the defense mechanism of plants to protect them from being consumed¹³. Over time, our immune system has evolved to create antibodies that compete with lectins¹⁴. Some dietary sources of lectins such as wheat can directly break tight junctions in gut cells¹⁵

On average, fifteen percent of a bean's proteins are composed of lectins. Studies show that bean lectins aren't completely destroyed after soaking for 2 hours and cooking. In common beans, the lectin content declines from 820 to 3.2 (Hemagglutinating Activity), while in fava beans it declines from 51.3 to 6.4¹⁶

Lectins can cause GI upset similar to classical food poisoning and immune responses like joint pain and rashes. Improperly

¹³ Evolutionary relationships among proteins in the phytohemagglutinin-arcelin- α -amylase inhibitor family of the common bean and its relatives Plant Molecular Biology November 1994, Volume 26, [Issue 4](#), pp 1103–1113
<https://link.springer.com/article/10.1007/BF00040692>

¹⁴ **Essentials of Glycobiology. 2nd edition Chapter 45 Antibodies and Lectins in Glycan Analysis** Richard D Cummings and Marilyn E Etzle <https://www.ncbi.nlm.nih.gov/pubmed/16635908> <https://www.ncbi.nlm.nih.gov/books/NBK1919/>

¹⁵ Gliadin, zonulin and gut permeability: Effects on celiac and non-celiac intestinal mucosa and intestinal cell lines
<https://www.ncbi.nlm.nih.gov/pubmed/16635908>

¹⁶ Perspectives in Factors Limiting In Vivo Digestion of Legume Proteins: Anti Nutritional Compounds or Storage Proteins Journal of Agriculture and Food Chemistry 2000 Volume 48 pgs 742-749
<https://www.dropbox.com/s/69ar2wxomx2iyn8/jf991005m.pdf?dl=0>

prepared raw grains, dairy and legumes like peanuts, and soybeans have especially high lectin levels.

A study was done on 800 people with autoimmune conditions who ate a diet that consisted of avoidance of grains, sprouted grains, pseudo-grains, beans and legumes, soy, peanuts, cashews, nightshades, melons and squashes, and non-Southern European cow milk products (Casein A1), and grain and/or bean fed animals.¹⁷

Most of these people started with elevated Tumor Necrosis factor ¹⁸. The result after 6 months was a normalization of TNF-alpha in all patients who complied with the diet.

Tannins

Another group of foods that can cause problem for people with auto-immune disorders are *plant coloring substances* called tannins. Tannins can be natural or synthetically added to juices and other foods. Synthetic Tannins are a type of enzyme inhibitor that prevent adequate digestion and can cause protein deficiency and gastrointestinal problems. Natural Tannins give plants their color. Some are healthy and some are harmful (to people with an overactive immune system). Human dietary sources of tannins are tea, coffee, wine, cranberries, strawberries, blueberries, apple juice, grape juices, hazelnuts, walnuts, pecans, and berry juices.

¹⁷ Inflammatory Substances Naturally Found in Plant Based Foods
Lectin Avoidance Diet

¹⁸ The three most common inflammatory cytokines that are responsible for chronic inflammatory diseases are Tumor Necrosis Factor (TNF), [Interleukin-1beta \(IL-1b\)](#) and [Interleukin-6 \(IL-6\)](#). These are the most commonly talked about cytokines in the literature – Lectin Avoidance Diet Source

Oxalates also contribute to problems with people with autoimmune disorders. Foods that should be avoided are: peanuts, sweet potatoes, kale, Spinach, beets, chard, cocoa powder, cilantro, collard greens

Saponins should be avoided when autoimmune disorders are present. One of the most popular saponins is quinoa. A Person with autoimmune disorders should NOT eat quinoa. They should avoid all foods rich in phytic acid, MSG (glutamate), sulphites like wine, dried fruit, and ciders.

Fermentable Oligo polysaccharides, Disaccharides, Monosaccharides and Polyols FODMAPS should be avoided where there existed serious IBS (Irritable Bowel Syndrome) and other digestive autoimmune disorders and general immune disorders, Here is a List of Foods to Avoid:

High FODMAP Foods to Avoid

Fruit

- Apple
- Apricot
- Avocado
- Blackberry
- Cherry
- Dates
- Longon
- Lychee
- Mango
- Nashi
- Nectarine
- Peach
- Pear
- Persimmon
- Plum
- Prune
- Watermelon
- Concentrated Fruit Sources
- Dried Fruit
- Fruit Juice
- Tinned Fruit in Natural Juice

Vegetables

- Artichoke
- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Eggplant
- Fennel
- Garlic
- Kale
- Leek
- Mushrooms
- Okra
- Onion (All)
- Peas
- Shallots
- Spring Onion
- Snow Peas
- Sugar Snap Peas
- Sweet Corn

Dairy

- Cottage Cheese
- Cow Milk
- Cream
- Custard
- Evaporated Milk
- Frozen Yogurt
- Goat Milk
- Ice Cream
- Lactose
- Margarine
- Ricotta Cheese
- Sheep Milk
- Sherbet
- Soft Unripe Cheese
- Sour Cream
- Sweetened Condensed Milk
- Yogurt

Legumes

- Baked Beans
- Chickpeas
- Kidney Beans
- Lentils
- Soy Beans

Grains

- Rye
- Spelt
- Wheat

Misc

- Chicory
- Dandelion
- Inulin
- Pistachio

Sweeteners

- Corn Syrup
- Fructose
- High Fructose Corn Syrup
- Fruisana
- Honey
- Isomalt
- Maltitol
- Mannitol
- Molasses
- Sorbitol
- Xylitol



Lastly as discussed Amine based foods should be avoided. Here we are more specific and speak of bio-genic vasco-active Amines. Biogenic or vasoactive amines are produced by bacteria during fermentation, storage or decay ¹⁹.

They include beta-phenylethylamine, tyramine, tryptamine, putrescine, cadaverine, spermine and spermidine, but histamine is the one most frequently linked to food-related symptoms²⁰. As we have discussed histamine is directly related to white blood cells and is a primary component present whenever disease and inflammation occur.

When plasma histamine levels are raised above the normal range (0.3–1.0 ng/mL) this produces certain effects. For example a level of 1–2 ng/mL causes increased gastric acid secretion and heart rate, with, flushing, headache, urticaria, pruritus and tachycardia occurring at a level of 3–5 ng/mL), bronchospasm at a level of 7–12 ng/mL and cardiac arrest occurring at levels of 100 ng/mL ²¹. Foods that contain high amounts of vaso-active amines are:

All pork, canned tuna, canned sardine anchovies, mackerel, salmon, herring, blue cheese parmesan, milk and eggs, oranges, bananas, pineapples, strawberries, tomatoes, cabbage, soy

¹⁹ Sensitivity to food additives, vaso-active amines and salicylates: a review of the evidence US National Library of Medicine Clin Transl Allergy. 2015; 5: 34. Published online 2015 Oct 13.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4604636/>

²⁰ IBID

²¹ IBID, also see Lectin Avoidance Diet

products, green tea, champagne, coffee, chocolate, wine, beer, fresh fruit juices that don't have skins removed.

Also keep in mind that as plants are altered in agriculture these problems are on the increase. I do not see these types of problems in foods I have cultivated with stone meal mineral fertilizers and heirloom or wild foods in my clients.

Good Foods for this groups are:

SOMETIMES Pressure Cooked:

Vegetables: Romaine Lettuce, Cucumbers, Celery, Wild Organic spinach, Asparagus, Hemp...Other vegetables should be cooked in water and coconut oil (Only from our main Lists or via Consult)

Tubers/ Roots: Sweet Potatoes, Rutabaga, Radish Burdock Root, Yam Lotus Root, Turnips, Turmeric,

Spices: Turmeric, Cinnamon, Ginger, Onions, Dill, Bay Leaf, Thyme, Rosemary, Sage, Basil, Oregano, Garlic

Sea Vegetables: Dulse Nori, Wakame

Nuts: Coconut, Avocado (Avoid old ones with brown accumulation –tyramine)

Carbs: raw Honey

Oils: Coconut Oil, Avocado Oil

Flesh: Sea bass, Oyster Wild caught

* After Avoiding Lectins, Vaso-active Amines and other foods for 3-6 months you can incorporate our recommended dietary practices for Class C, B, A, and O Eaters

Foods You Should NOT eat if You have HSV (Herpes Simple Virus) 1 & 2 or HIV/AIDS

The two diseases above have specific foods that should be avoided to avoid viral replication, decrease in immunity, and many other side effects. First off both Problems can be cured.

HSV 1 & 2 is an infectious disease where the HSV virus imbeds itself into an infectious cell protein called ICP32. These viral proteins imbed themselves into the nerves, plexuses, nerve ganglions and other parts of the body. There are specific carboxylic acids like lysine than can assist at removing these deeply imbedded viruses. Increasing the diet rich in lysine and Vitamin C and D is crucial to healing.

Avoiding all foods with arginine is also crucial. Arginine bioavailability is absolutely necessary for the replication of herpes simplex virus, which causes cold sores/genital herpes. When arginine is not available, herpes viruses in cells are unable to complete a single replication cycle and cell damage is evident in infected cells²²²³²⁴. Arginine assists at tissue growth and increases mitosis, No arginine based muscle builders or foods should be ingested during the healing period. There should be no products with HGH (human growth hormone) in it or supplements.

²² Sanchez MD, Ochoa AC, Foster TP. Development and evaluation of a host-targeted antiviral that abrogates herpes simplex virus replication through modulation of arginine-associated metabolic pathways. *Antiviral Res* 2016;132:13-25.

²³ Inglis VBM. Requirement of arginine for the replication of herpes virus. *J Gen Virol* 1968;3(1):9-17

²⁴ Becker Y, Olshevsky U, Levitt J. The role of arginine in the replication of herpes simplex virus. *J Gen Virol* 1967;(1):471-478.

There are several foods that one thinks is generally healthy that they should not eat like common blueberries. Here is a list of foods to avoid while healing from HIV/AIDS and HSV 1 & 2.

Foods to Avoid:

Protein shakes and muscle builders, animal flesh except for what is recommended via consult, Sea Moss, Coconut meat & coconut water, beer, wheat germ, chocolate, gelatins, elderberries, plantain, cashews, yams, pumpkin seeds, black berries, blue berries, onions, grapes, almonds, sesame seeds, soda, butter, cheese, soy, flax seeds, peanuts, rice, animal milks, canola oil pasta, juice drinks (Besides recommended citrus), white or brown sugar, quinoa, amaranth, spelt, egg whites, egg yolks, straw berries nuts, brussell sprouts, egg plants, flour

Food You DO Want to Eat:

Vegetation: Parsley, Romaine Lettuce, Dandelion. Arugula, Watercress, spirulina,

Fruits: Olives, peppers except bell, citrus, grapefruits, lemons, limes, blood oranges, key limes, kumquats, watermelon, cucumbers, figs, mandarin, papaya

Oils: Olive Oil

Seaweed: Wakame Arame, Nori, Dulse

Beans: Soaked in sea salt and lime and properly cooked: Chick peas Navy Beans

Animal Flesh: Chilean Sea Bass

Foods You Should not eat if you have Cancer

Cancer is a mitogen dependent process, which is stimulated by growth hormones. Cells do not need to go through mitosis unless they are in danger, or there is a set of controlled replication instructions going on that operates differently from the mitosis we generally are taught about.

Cancer like breast cancer are known to have 3 receptors and most cancer patients get a test called a triple negative. The three receptors for that type of cancer are estrogen, progesterone, and her-2. The forth that catalyzes the cancer is an exopolysaccharide that feeds the cancer. Usually dine foods over a long period of time with a proper diet will stop the cancer and along with other nutritional supplementary and nutritional psychology techniques the person can heal.

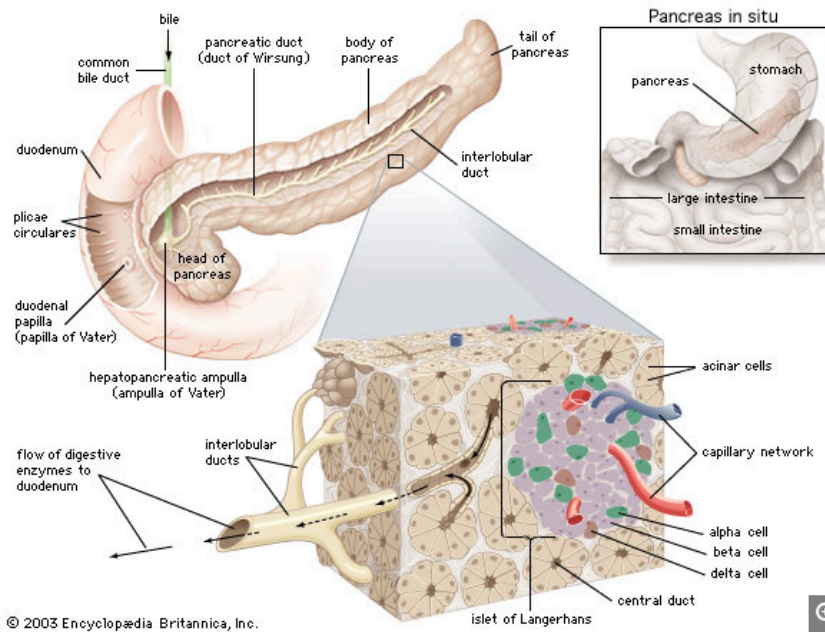
The Food Lists from the previous page on HSV 1 & 2 and HIV/AIDS as well as the Auto-immune diet in combination.

Because of the varying types of cancers a specific consultation diagnosis and other assessments must be made.

To put it plain as Dr Tullo Simoncini “Cancer is a fungus”. Although I think that the statement needs some editing I agree in basic terms. Dr Simoncini treats and cures cancers using liquid sodium bicarbonate techniques. By using this mineral salt he has cured hundreds of clients. There are natural foods with these compounds in them. Dr Simoncini lost his Italian state medical license just for bringing forth the peoples he had cured. Remember a license is PERMISSION to do something that you already had the right to do, instead you contractually converted it into an operating privilege controlled by a corporation. Sodium Bicarbonate therapies are not recommended by me. A Consultation is the most effective means of determining a plan.

Foods You Should Not eat if you have Diabetes

Sugar is NOT the problem in diabetes. Glycoproteins, galactose, exopolysaccharides, micro parasites, fermentation, mucus, wbc's and nutritional starvation/ mineral deficiency are the problem. Sugar aka Glucose is needed for the cells to operate. All person with diabetes have a hormonal disorder, a zinc and chromium deficiency, and invasion of the pancreas by pathogens.



Persons with Diabetes type 1 or 2 should avoid very sugary fruit like mangoes and pineapples. There are 5 master herbs that assist with healing Diabetes. They are:

Gymnema Silvestre, cinnamon, oregano, sage, and ginseng. The first of these gymnema Silvestre was tested for its compounds and mineral content. This is the result:

Results of quantitative testing of the master diabetes herb²⁵

2. METHODS

2.1. Collection of Sample

Gymnema sylvestre leaves were collected from The Agri Horticultural Society of India, Kolkata in the month of July.

2.2. Preparation of Sample

The dried leaves were selected as the test portion for the quantitative estimation of the minerals.

2.3. Preparation of Working Solution

The working solution was prepared for measuring the following minerals Fe, Ca, Mg,Mn, Zn, Cr, Cu, Se,Mo,Ni using AOAC method^[10] . The instrument used for mineral estimation was ICP (OES), model ICAP6800, serial number ICP 20073108, calibrated with NIST certified multi-standards.

3. RESULT AND DISCUSSION

Table2. Mineral content of *Gymnema sylvestre* leaf

Sr. No.	Parameters	Mineral constituents mg/100g
1.	Calcium	1580
2.	Iron	19.26
3.	Magnesium	604.8
4.	Manganese	74.1
5.	Copper	13.22
6.	Zinc	24.02
7.	Nickel	2.36
8.	Selenium	0.12
9.	Molybdenum	0.230
10.	Chromium	0.071

As can be seen this plant is filled with calcium and magnesium. I stated earlier in this text magnesium alone has over 400 physiological operations in cells one major one being the detox of toxins carried out by the liver. It is my position that the poor agriculture is robbing fruits of their mineral complexes leaving high glucose fruits missing many minerals that were naturally apart of it.

Another major issue with persons diagnosed with diabetes is FAT and STARCH (galactose) not necessarily sugar (glucose).

²⁵ Quantitative estimation of Some of the Essential Minerals of *Gymnema Sylvestre* as a Potential Herb in Counteractign Complications of Diabetes – International Journal of Research Studies in Biosciences Volume 3 Issue 1 January 2015 pgs 71-74

White adipose tissue increases obesity and lowers metabolism. It blocks the primary hormone secreted to make beta cells produce and release insulin. WAT (White Adipose Tissue) must be reduced in the body to remove diabetes. Galactose is a combination of glucose and lactose. The body reads the intake of animal based galactose as a sugar increase in the blood, yet the issue is that animal sourced galactose is an indigestible starch by most of the earth's population. It's called lactose intolerance. Feeding us animal milk from a young age increases chances of diabetes in adults. Children now are getting diabetes.

The best detox for the pancreas in a diabetic person is the use of Black radish and Olive leaf. These two potent foods along with the herbs mentioned can remove diabetes types 1 & 2 if on the proper diet. A Specialized vegetation diet with certain citrus infusions can relieve persons of this malady.

Because of the nature of this disease and a possibility that most persons have an accompanying auto-immune disorder that they are not aware of, I refrain from specific full nutritional recommendations and leave that on a client by client assessment operation.

I will say avoid starches and sugary fruits as well as the amines already discussed.

Food & Blood Types The TRUE Science

In earlier discussions I talked about etho-genetic food supplies and changes in nutrition caused by the trans-Atlantic slave trade and other indigenous removals. The current ABO blood system and RH systems were systems of focus.

I offered the remarkable idea that Blood itself should NOT be red. I first heard this from Professor Arnold Ehret in his book Rational fasting. In the book Ehret states the following.

“After a two years strict fruit diet with intercalated fasting cures, I had attained a degree of health which is simply not imaginable nowadays and which allowed of my making the following experiments. With a knife I made an incision in my lower arm; there was no flow of blood as it thickened instantaneously; closing up of the wound, no inflammation, no pain, no mucus, and pus: healed up in 3 days. Blood-crust thrown off. Later with vegetaric, food including mucus formants (starch food) but without eggs and milk; the wound bled a little, caused some pain and pussed slightly, a light inflammation, complete healing only after some time. After the same wounding, with meat-food and some alcohol: longer bleeding the blood of a light color, red and thin, inflammation, pain, pussing for several days, and healing only after a two days’ fasting”²⁶.

I have conducted this same test 2012-2013 after a year of a fruit only diet. I had the EXACT same results in half the time. A Clear fluid came out NO BLOOD upon the cut, no pain, inflammation or even a mark.

So what is happening biologically? As mucus waste is removed from the body’s vessels and organs and over acid environments and over alkaline environments are brought

²⁶ Rational Fasting Dr Arnold Ehret page 7

back to homeostasis we basically have a clean body. The white blood cell count decreases completely. The tubing of the small capillaries gained back its elasticity and integrity to the degree that when the skin was broke only cellular fluid was exposed. Since the body is clean instead of invoking a white blood cell response to damaged capillary networks ONLY a stem cell response is created. New cells are distributed to the location via an intact capillary network. Cells are repaired and or replaced. No Bleeding because there is no vessel breakage. Healing completed.

Earlier I stated that the blood cells of the ABO blood systems each have varying degrees of exopolysaccharides on them. This material allows for pathogens to BIND to the blood cell and invade the plasma surrounding the blood cells. The increase of ammonia intake versus potassium intake makes the blood cell a nitrogen filled cell that is sick. The iron loses its electronic force via oxidation thus the RED RUST. It is the complete sign of a fallen human race.

All races are now subject to disease because of poor nutrition. The ONLY Pure diet is a diet of fruit.

Once our civilizations return to it after 7 generations of breeding there will be Only One blood type and no pale races.

That one blood type will lack all exopolysaccharides, be a indigo color and be immune to all pathogens. Humans will be able to live into centuries of existence and will die in their sleep. We called this state 'HEAVEN" in the scriptures. Is it not interesting that all mentions of the paradise describe fruit eaters in the Quran and other texts who wear silk, the product of a worm that transforms into a butterfly, a 'new creature. The ancient Masters saw our transformation by means of deep meditation fasts and fruit restricted diets. That time has come.

Healthy Foods for Women & How to End PMS and Excessive Menstruation Problems& Healthy Food for Pregnant women and New Babies

Everything good for a man is NOT good for a woman. Our biologies are very different. At no time do I recommend a fruit diet for women. The need for certain fats for women are vital to her hormonal system, glands, and regulation of heat.

Women need high cholesterol foods to keep a healthy endocrine system. HDL and LDL are NOT Cholesterol. They are carrier molecules that carry cholesterol to and from areas in the body. One can carry the cholesterol and give it a ride and access to all points in the body. The other can be considered a bad hitchhiking incident. The Cholesterol never makes it to its destination.

A difference between men and women is breast milk production. Once a woman is pregnant she needs to make a healthy supply of milk. The best food to assist is the coconut, coconut oil, and coconut water. In respect to the taxonomy of carboxylic acids both are the exact same in structure and known as caprylic acids or octonic acids²⁷. So the woman produces a type of galactose that is never produced in a man. Also the African oil palm contains an oil palm kernel oil that is a very good nutrient.

The algae's of the sea and lakes like Chlorella are great for women. All sea vegetation blue-green algae's tropical sea moss wakame dulse arame nori kelp are all excellent for women. They also deal with a major issue concerning PMS the increase of iodine and iron and the decrease in estrogens. An estrogen

²⁷ Beare-Rogers, J.; Dieffenbacher, A.; Holm, J.V. (2001). "Lexicon of lipid nutrition (IUPAC Technical Report)" Volume 73 Issue 4 January 2001

and phyto-estrogen restricted diet is a MUST to remove PMS symptoms.

In order to get DHA a necessary nutrient women can also eat purslane an edible herb if they do not want to get the sources of DHA from Sea Bass Oysters or salmon.

Another issue with excessive bleeding is the intake of too many male pheromones, which stimulate the GnRH cycle, Pituitary functions and hypothalamus functions. Sex with multiple men also increases menstruation and PMS symptoms.

It is important to highlight that regardless of your level of education as a woman you have NOT been taught right about ovulation menstruation and female anatomy and physiology. Ovulation is a normal process excessive menstruation is not. Menstruation should be about 1 day and possible mere spotting. Beyond that it's the clearest sign you are on a mucus filled diet and are in need of nutritional changes. If you are in doubt about estrogen and the catalyzer of estrogen Columbia University did the study and proved it's a carcinogen (toxin)



COLUMBIA
UNIVERSITY
HEALTH
SCIENCES



in vivo / in vɪˈvʊ /, occurring in a living organism.

VOL 2 No 10 | 26 MAY 03

HOME

BACK ISSUES

CONTACT US

CALENDAR

SEARCH

CONTENTS

[Estrogen-Induced Cancer](#)

[Fighting Cancer](#)

[HIV Care and Treatment](#)

[CPMC History](#)

[Research Briefs](#)

[Around & About](#)

[POV](#)

Have a story idea?

ESTROGEN-INDUCED CANCER

Estrogen's Role in Cancer

Researchers find oxygen radicals needed for carcinogenesis

BY SUSAN CONOYA

It's disconcerting to think that a natural hormone circulating in significant amounts through the bodies of half the world's population is a carcinogen, but it's now official. In December the National Institute of Environmental Health Sciences (NIEHS) added estrogen to its list of known cancer-causing agents.

For years, estrogen has been a suspected carcinogen, since strong epidemiological evidence associates the hormone to breast, endometrial, and uterine cancers. Women who begin menstruating early, or who start menopause late, produce more estrogen over their lifetimes and



Hart found that estrogen only causes cancer when cells also experience oxidative stress.

114

Full Article:

BACK ISSUES

CONTACT US

CALENDAR

SEARCH

CONTENTS

[Estrogen-Induced Cancer](#)

[Fighting Cancer](#)

[HIV Care and Treatment](#)

[CPMC History](#)

[Research Briefs](#)

[Around & About](#)

[POV](#)

Have a story idea?
Let us know!

Estrogen's Role in Cancer

Researchers find oxygen radicals needed for carcinogenesis

BY SUSAN CONOVA

It's disconcerting to think that a natural hormone circulating in significant amounts through the bodies of half the world's population is a carcinogen, but it's now official. In December the National Institute of Environmental Health Sciences (NIEHS) added estrogen to its list of known cancer-causing agents.

For years, estrogen has been a suspected carcinogen, since strong epidemiological evidence associates the hormone to breast, endometrial, and uterine cancers. Women who begin menstruating early, or who start menopause late, produce more estrogen over their lifetimes and have a higher risk of breast cancer. Recently, the clinical trial of estrogen plus progestin treatment therapy was terminated because of an increased risk of breast cancer.



Hari Bhat found estrogen only causes cancer when cells also experience oxidative stress.

The stimulation to produce GnRH is a mystery to scientists. It is my thesis that it is produced via a change in the electro-magnetic gradient in the atmospheric air during certain solar and lunar cycles. My proof is that in men the pulsation of GnRH never changes but in women it changes and rises just before ovulation and that means there is a trigger in women. What is it? The ancient knew and depicted it in ancient temples, They showed a solar activation that stimulated an organ and used the symbol of the organ. The organ is called the circle of willis vascular network in the brain. It is shaped like an ANKH, the ancient Symbol in Africa representing LIFE. It is related to the new find of the 13th cranial nerve related to sex and pheromones. As we stated the body Vital force and (BLF) Biological Life Force is Air. The ancients not only knew this but they knew how it impacted women and men differently.

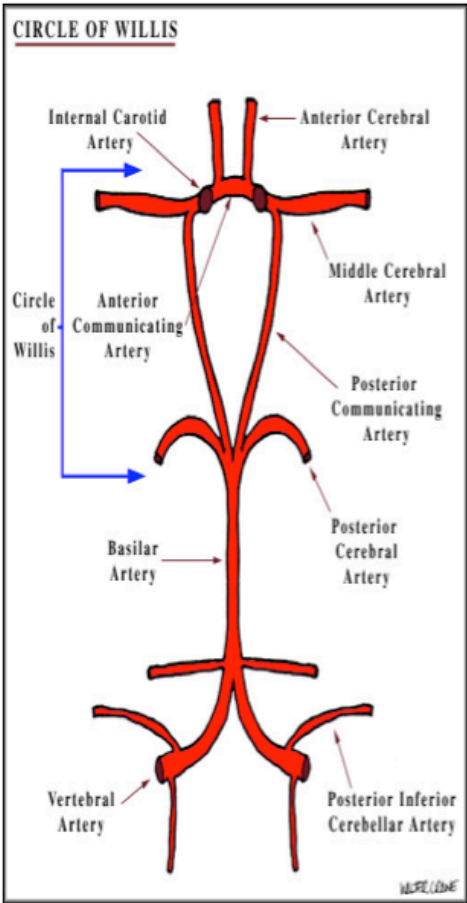
GnRh Neuro-Hormone

- GnRH neurons **originate in the nose** and migrate into the brain, where they are scattered throughout the medial septum and hypothalamus and connected by very long >1-millimeter-long dendrites. These bundle together so they receive shared synaptic input, a process that allows them to synchronize their GnRH release
- Source:
- Campbell RE, Gaidamaka G, Han SK, Herbison AE (June 2009). "Dendro-dendritic bundling and shared synapses between gonadotropin-releasing hormone neurons". *Proc. Natl. Acad. Sci. U.S.A.* **106**



Queen Tiye with Ankh to her nose extending from hands coming from the Aten Disc (Solar)

The Ankh or Brain Vascular Network



I made this discovery in 1998 while studying anatomy and physiology in my first naturopath courses (AMA ©). I Later assisted my wife in writing a paper on this at Temple University.

Family of Akhnaten venerating the solar-air-ian frequency

**Aero Magnetic Stimulated Neuro-Hormones
Nitrogen Vs Oxygen**



This shows us simply that our foods should be both Phototropic and oxygenated (aerobic). To reduce PMS and excessive menstruation a class C, B, or A, Diet can be adhered to..

As for the child it needs only the mothers milk. If the mother is on a Class C Indigenous Diet she will make milk. There are specialized herbs to increase milk production. A Very good one is anise. Use the anise with sarsparilla and chickweed for increased milk production. Add lime for absorption.

If for any reason you cannot make milk or have any other issue NEVER give your child animal milk. You are prepping him or her for early diabetes, celiac's later, auto-immune diseases, asthma and other bronchial and digestive disorders.

BREAST MILK REPLACEMENT

Coconut milk made from blended coconut meat and the water of the coconut with lightly stewed beets and the juice extracted to mix with the coconut milk and a few drops of lime juice are an excellent replacement for breast milk.

Give the baby pureed fruit from a farm that does not use nitrogenous fertilizers. Since all children should be planned, one of the things parents should do is start growing the foods that the bay will eat early, the berries, apples, citrus fruits etc.

The best foods for a growing baby besides breast milk are fruits in the forms of berries and citrus. This will allow for the skeleton and tissues to grow excellently without issue as the bones and tissues are predominantly made of a calcium carbon lime mixture besides the other minerals.

Healthy Foods for Men & Erectile Dysfunction – How to End it

Erectile dysfunction is the inability to get an erection. An Erection is ruled by both hormones and circulation. Circulation remember is ruled by the power of Air to flow without obstruction and to be the Motor for the blood. All problems with the lungs lead to erectile dysfunction. Taking prescription drugs lead to blood toxicity, weakening of the liver and excess amines in the blood and can damage male erectile functioning. Excessive amounts of aromatase and this estrogens from aromatase based diets and high estrogen and phyto-estrogen based diets. Psychological lack of confidence is directly tied to levels of testosterone. In the current society Indigenous males are coerced out of their masculinity in very young years, sometimes in the womb. It is not in the nature in a man to be subjected to argumentative women. If he stays he loses testosterone. I have scanned clients and saw drastic drops in testosterone and the primary cause is excess stress from a woman or women and dietary practices second.

As shown in the diagram the GnRH hormone cycle is regulated via aero-atmospheric electro-magnetic voltage. Access to enough Sun the motor of our solar system is paramount to increased circulation.

The psychological keys are removal of stress and good relationships. A Man desires production and a feeling of accomplishments in the realm of responsibility and protection. If it is present then it can affect biology,

Next a man needs good nutrition and exercise. Nutrition should be high in zinc based fruit and vegetation. In order to impact size or penis shrinkage due to excessive amounts of aromatase and estrogen for years from childhood a man must remove those foods and take a series of herbal treatments and nutritional foods

Some herbs for testosterone building are:

Olive Leaf, African Pygeum, Tonghat Ali, Saw Palmetto Berry Damiana, Sarsaparilla Yohimbe Bark and many others. These herbs should ONLY be taken like all herbs in a liquid solution.

Foods that assist at building testosterone Olives *Oysters Malabar spinach, pumpkin seeds chard Chick peas & Others

For a quick fix use oysters they have 7 times the zinc of any other food ²⁸

Olives are another extra boost. Here is a table describing their nutritional value²⁹. Other foods are mentioned later in this text.

Mineral elements in fresh olive fruits

1185

Table 1. Instrumental conditions for the mineral element determination in fresh olive fruits

Element	Wavelength (nm)	Band-pass (nm)	Lamp current (mA)	Optimum working range (mg kg ⁻¹)	Instrument mode
K	766.5	2.0	8	2.0-300.0	Emission
Na	589.0	0.7	8	2.0-50.0	Emission
Ca	422.7	0.7	6	1.0-10.0	Absorbance
Mg	285.2	0.7	4	0.5-3.0	Absorbance
Zn	213.9	0.7	10	0.2-10.0	Absorbance
Cu	324.8	0.7	10	0.1-10.0	Absorbance
Fe	248.3	0.2	30	1.0-40.0	Absorbance
Mn	279.5	0.2	20	0.1-10.0	Absorbance

Flame type: air/acetylene. Gas flow: 3.0/0.7 kg cm⁻².

²⁸ National Institute of Health Zinc Nutrition -

<https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>

²⁹ Determination of Mineral Elements in fresh Olive Fruits by Fale Atomic Spectrometry A Fernandez Hernandez – Spanish journal of Agricultural Research pgs 1183-1190

Food for Building Muscle

The best foods for building muscle in a healthy way are fruits with thick skins like figs dates prunes grapes. The rinds of melons that have been grown on well minerally fertilized soils can be juiced and eaten for increased circulation and aerobic respiration to muscle cells. These include water melons, cantaloupe, pumpkin , the skins of kumquats and key limes.

Fruit Skins and Lime Soaked Solution

Mixing the skins of fruit with limes and soaking them then blending can also increases muscle density. Also dinking less water and letting your fruits and vegetation suffice you is a great way to increase definition. Often we drink too much water.

Hibiscus

Hibiscus is an excellent plant for increasing definition.

Tropical Sea Moss & Algaes

Tropical Sea Moss is a safe bulking agent yet the moss MUST come from the tropics and be wild to avoid dangerous carrageen. Chlorella is an excellent source to increase density and mass organically.

It is important to note the flexibility and density of muscles is much more important than inflated inflamed protein based weak muscles.

Most people are looking for the SWOLE look, which is actually reorganized obesity and will cause excessive aging in post 50 years.

On Page 59 I Mention 19 safe weight gaining foods.

Fasting Properly

This huge subject can be summed up in one page. First Question, Why are you fasting. The purpose of fasting should be to remove waste and obstruction, to calm the mind in reflection and meditation to improve your quality of life by building visionary focus, and for initiates to extract ancestral memory for the purpose of life transforming experiences.

Generally people are interested in # 1 and they go about in a terribly unsafe manner. First off no one should fast for longer than 3-5 days unless they are fruitarians. Fasting for long periods on mucus based diets can actually kill you and there are several cases, What you do before a fast is important. It is important to practice a natural laxative 3 days before the fast, Use watermelon ginger juice and lime juice. Drench the watermelon tissue in the ginger juice and lime and follow with a bulking agent like an organic banana (Not Cavendish). Do this for 3 days. Once the fast starts you **MUST** drink Citrus drinks like Lemonade limeade or grapefruit. Sweeten with honey, coconut sugar and add ginger, Drink each day till hydrated. **DO NOT DO WATER FASTS.** Add citrus to the water in order to effectively remove nitrogen wastes and starch slime.

If you are on medication wait until you are off for six months on a Class C diet before ever fasting

When coming off the fast **DO NOT EAT FRUIT**, it causes excess detox of the waste. For an easy detox of the obstructions that broke up use vegetation. Take naps when you feel a loss of energy.

Eat salads rich in lettuce dandelion olives radish minced dulse sprinkles cucumbers seasoned with dill sage sea salt and citrus use coconut or olive oil dressing **ONLY** After the 3rd day resume fruit intake. For further info contact the Aboriginal Medical Association Nutritional Department.

Dangerous Exercise VS Healthy Exercise

Put Simple you don't need weights, especially women. The true purpose of exercise is to stretch and work muscles and then because it RATTLES the spongy calcium carbon lime based tissues and bones and expands elasticity. Good food in the form of Recommended non nitrogen based fruits and vegetables maintains that elasticity. Starchatarians those who eat nitrogen fixating plants excessive cooked foods and animal flesh destroy that elasticity.

Imagine riding a car over speed bumps every day at a high speed. After a while the suspension in the car losses its spring and you need new material. Exercise does the same thing when excessive weights are used, It damages the elasticity of muscles and can create to loose or too tight tissues.

The best exercise as walking, calisthenics, yoga and martial arts. If any weights are used they should be exclusively dumbbells.

Machine weights and excessive cardio in the form of jogging increases cortisol reduces testosterone and adds stress to the hypothalamus pituitary and circulation.

The other important issue with exercise is FULL-EXTENSION in each repetition and proper breathing. The muscle needs oxygen. When it cannot get it the muscle goes from aerobic to anaerobic and starts to create fermentation as a source of energy, thus the /pain' you feel after a workout proves your nutrition is poor, your repetition motions are not proper and your breathing was not proper.

Whether slow exercise or fast explosive exercise the message is the same:

- 1) Must be hydrated

- 2) Must get full extension of the muscles in each exercise to maintain tissue integrity and proper circulation and thus aerobic exercise
- 3) You must breathe in a focused manner to distribute oxygen
- 4) You should walk at least a mile before the exercise ,if jogging do so on grass the earth ground, or a track that is padded, never jog on concrete streets etc.

Male exercises to build Testosterone

- 1) free weight Dumbbell presses (Flat Incline and Shoulder 90 degree sitting up positions) 8-12 reps as heavy as you can stand it breathing deep during each rep. the object is control 3-5 sets
- 2) Knee Lunges dumbbells (Or gradually work towards it 10 reps each leg 3-5 sets
- 3) Frog Jumps –Hand extended forward parallel to floor in frog position. Make jump and repeat for 10-15 jumps 3-5 sets
- 4) Sprint intervals _ Track treadmill or other whatever method is available 10-30 second sprints 5-10 reps depending upon stamina
- 5) Pull Ups underhand and overhand 5-15 reps 3-5 sets

*Focus on the explosive movements to build testosterone

- Push ups, 3 sets, max reps.
- Chin-ups (Under hand & Overhand), 3 sets, max reps.
- Single Leg Squats, 3 sets, 3 max reps.
- Bench Dips (Close and Wide), 2 sets, max reps.
- Squats (Close and Wide) 3 sets max Ham-Glute Raises, 3 sets, max reps.

- Knee lunges & Turn Lunges (Ask Dr Ali) 3 sets max Calf Raises, 3 sets, max reps.
- Upside-down Shoulder Press, 3 sets, max reps.
- Crunches, 5 sets, 25 reps.

Other basic aspects of pre and post intense exercise

Rule 1 - Drink water before every work out in the Morning
Midday or evening and Herbs

Breathing

Do Deep breathing for 5 minutes

Position: Standing: In through the nose for 4 count expanding the lower abdomen breathing out through the nose 4 count

Squeeze Perineum on Breathe to increase libido and Chi Intake
Relax on breathing out- 10-15 reps, Perineum contractions are like the contraction done during bowel movements yet the muscle system given focus is the perineum and or prostate For Men /Vaginal floor Cervix for women

Do Deep breathing for 5 minutes

Laying down on the earth or soft mat in the house: Same 4 count in and out

Warm up Warm down Arm Swings – Inward and Outward

Inward

Swing Arms in a full circle above the head crossing them inwardly in the front allowing them to circle downward and around again in a full circle. Repeat action 25 times. Increase by 5 daily until you reach 50 and maintain throughout the rest of the 28 days

Outward

Swing Arms in a full circle above the head crossing them outwardly in the front allowing them to circle downward and out and around again in a full circle. Repeat action 25 times. Increase by 5 daily until you reach 50 and maintain throughout the rest of the 28 days

Stretching:

Key Deep breathing

Stretch arms above the body- Reach for the sky fingers extended 10 count 3 times

Reach for toes with legs shoulder width apart 15 count 3 times

Open legs in a triangle formation Lean head towards right knee for 15 count then left knee, do 2 sets

In the same position stretch forward placing hands out front and then on both ankles while slightly pulling head through open legs 3 ...15 count

Do the same stretches while seated...open legs triangle reach for left foot 2 20-count reach for right doing the same

Reach for the middle doing the same

Walk for 2 miles in the morning or evening in a park with trees at least 3 times a week (Or on treadmill)

Other aerobic and cardiovascular exercise are recommended that are not hard on the knees hips or back

A Warm/Hot/ An Cold alkaline bath twice a week in mineral salts provided by Dr Ali is recommended.

Anti-Aging Secrets

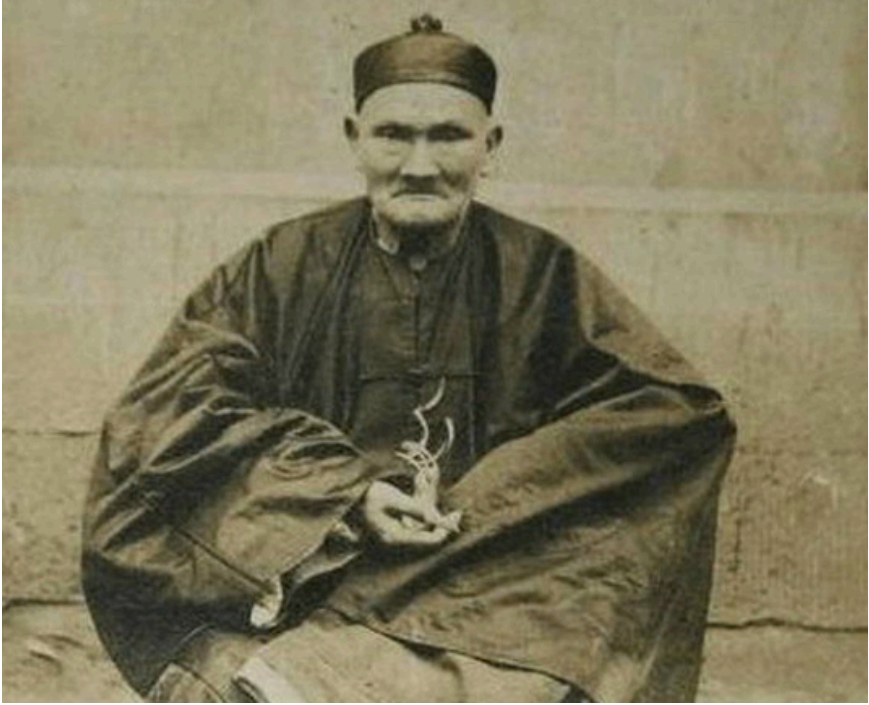
Ask yourself, what is aging to a cell. The answer, the inability to breathe. Stress. And an inability to operate the functions of its purpose. No breathe no life. Cells lose their breathe via constipation and obstruction. At the heart of this is NITROGEN. I have already proposed that nitrogen is NOT a natural element. At one point the earth had to be bigger with more speed in its rotation. Every part would have been tropical with vegetation and fruit everywhere. Yet it would have had to have been MUCH HOTTER. The beings would have also been different. With no nitrogen is the body energy circulation would have been completely unobstructed which means we could have used what carbon still uses today in tissues, teleportation of mass/quantum and macro. I'm simply saying that we were possibly immortal solar beings on this orb that after a major war fell from that type of biology.

Even if you don't agree you will agree nitrogen ages us by disrupting our cell processes.

The oldest recorded man in the world lived a peaceful life as a martial artist exercised daily ate only plants and was over 7 feet tall. This tell us something about his human growth hormone factor, his circulation and that he outlived Indian sages who allegedly ate nothing is telling. No extreme is good and it does not bring about vitality.

The name of the oldest man recorded is Li Ching Yuen. He allegedly lived for 256 years had 23 wives 180 children and lived as an herbalist and martial artist.

Li Ching Yuen



Li Ching Yuen

Li Ching Yuen 256 Years

Born 1677 Passed 1933

in a 1930 *New York Times* article,
*Professor Wu Chung-chieh of the
University of Chengdu
discovered Imperial Chinese government
records from 1827, congratulating one
Li Ching-Yuen on his 150th birthday*

Source: Tortoise-Pigeon-Dog". *TIME*. May 15, 1933.

ON LI's Appearance

A Factual Account of the 250 Year-Old
Good-Luck Man", where he described
Li Ching Yuen's appearance:

*"He has good eyesight and a brisk stride;
Li stands seven feet tall, has very long fingernails,
and a ruddy complexion*



Key to Li's Longevity

- One of his disciples, the Taijiquan Master Da Liu told of Master Li's story: at 130 years old Master Li encountered an older hermit, over 500 years old, in the mountains who taught him Bagua-zhang and a set of Qigong with breathing instructions, movements training coordinated with specific sounds, and dietary recommendations. Da Liu reports that his master said that his longevity *"is due to the fact that I performed the exercises every day - regularly, correctly, and with sincerity - for 120 years."*
- Source: Liu, Da (1983). *Taoist Health Exercise Book*. Putnam Publishing Group.

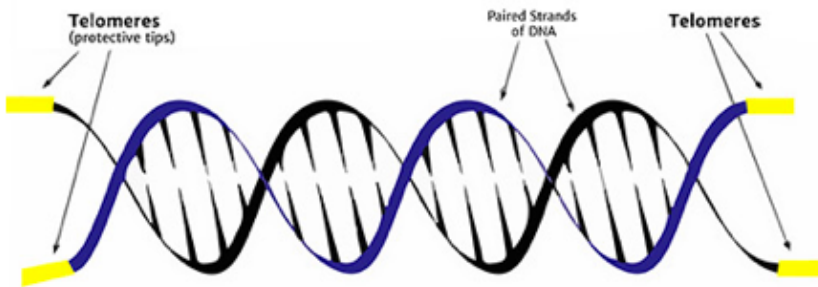


The Science of telomeres and Aging

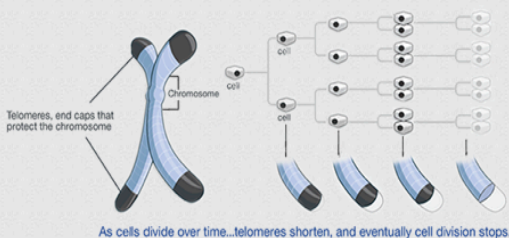
Telomeres are the caps on the end of DNA strands. They hold together the X axis of the DNA and ensure that the DNA does not unravel unless directed for transcription and translation.

Mitosis causes each replication to cause telomeres to shorten.

What happens when telomeres get to short, no cell division no life functions for the cell. So scientists are experimenting with basically gluing on telomeres to chromatin. The experiments are to see if they can extend the age of the DNA thus the cell thus the human.



Telomeres protect the vital information in our DNA⁴



As cells divide over time...telomeres shorten, and eventually cell division stops.

DNA makes up all of the cells in our body. It is the genetic material that makes us who we are. And every organ in our body (skin, liver, heart, etc.) is made up of cells. So, telomeres are vital to our health.

Our cells replenish by copying themselves. This happens constantly throughout our lives. Telomeres get shorter each time a cell copies itself, but the important DNA stays intact.⁴

Eventually, telomeres get too short to do their job, causing our cells to age and stop functioning properly.^{3,4,5} Therefore, telomeres act as the aging clock in every cell.

Telomeres are shortened as we age, but telomeres can also be shortened by stress, smoking, obesity, lack of exercise and a poor diet^{3,4,6,7}

Here science takes another big fall because they are testing in the wrong direction. The problem is NOT the telomeres, it's the excessive cell division and copying. The question is, is it normal.

I have already proven that when cells are stressed they invoke survival strategies. Mitosis is one of those strategies.

When I ate fruit for a year and did the cut experiment to test healing on a fruit diet I learned that healing can be stimulated via stem cells ONLY. Meaning the body could export new cells to an area. Where do these new cells come from If there are not from cells splitting? The liver! Its interesting that we call it the LIVE-R because its vital to us in order to LIVE. We already proved stem cells are made in the liver (***extramedullary hemotopoesis***) but did not establish how if not by mitosis. It is my position that plant cells from raw vegetation and the skins of fruit give us the proper constituents to MANUFACTURE cells. Just like in a mutant cell's ribosome's complete proteins and other structures are made and in the bone marrow new cells are made the liver's MELANOSOMES has proven to be a center of 'melanin protection' and distribution point for hematopoietic stem cells. This also connects us too our pre-mammalian past.

Slowing aging down is an act of keeping cells healthy not stressing them into survival mitotic mode. The anti aging medicine is removal of nitrogenous food stuffs and the eating of the perfect fuel glucose the sweet sugar of the fruit. With no obstructions there can be no deterioration.

The substance resveratrol proves this reality in lab and out. Eat lots of mulberries and jackfruit and turn back your biological clock.

Healthy Recipes & Transitional Food Classification A B & C for Optimal Health

CLASS C Nutrition - RECIPE SECTION

**By Dr Ali Muhammad THIS IS THE FIRST TRANSITIONAL DIET. ONCE
MASTERED STUDENT CAN GO ON TO Classes B, A, and 0**

Molecular Bio-Nutrition © ®

What are the foods that provide nutrition on the atomic and
molecular level

First we hold that there is only 1 Creator and that we are Temples of
Light therefore our foods should be solar and most often tropical
plants. This is the basis of the phototropic diet and NRD Diet © ® as
taught by Dr Ali Muhammad.

Dr Ali Muhammad's Nutritional Classification System - Class 0
(Specialized fasting), Class A (Fruitarian), Class B (Fruits and
Vegetables (non-cooked), Class C (Vegan- adding soaked and
lightly cooked foods for gradual comfortable detox) Class D, E,F
(Starchatarian-Disease Diet, Flesh Eaters-Disease Diet, and Drug
Intake-Disease Diet

FOOD TO STAY AWAY FROM

Do not eat the following foods: They are non-structural acids or alkaline amines (nitrogen based). They destroy cells promote a waste environment in the cell and create a haven for fungicides and yeasts [viruses].

All Meat [Flesh], All Dairy products, All Breads with yeast

All GMO & Hybrid Wheat products

All White Flours & Sugars

All Animal Milks

Garlic –Replace with radish or use as temporary blood cleanser

Mushrooms

Collard Greens Kale Broccoli – Oxalates, Metal binding hybrids

GMO canola oil or any other hybrid vegetable oils for cooking including

olive, ****USE ONLY COCONUT OIL**** it is Hydrophilic & Lipophilic

ALL GOITERGENS: Hybrid Strawberries – Goitergens impact TSH &

Glands (Thyroid/Parathyroid

Savoy E-Coli infused spinach [very acid] use only organic Malabar

Egyptian pr other heirloom spinach

wheat grass, hybrid golden seal

Non-Organic cranberry juice, ANY SEEDLESS FRUITS

seedless oranges or orange juice (Produces Mucous),

honeydew

Oversized strawberries that you did not pick yourself (Strawberries cause thyroid problems)

Inorganic Avocado (Use ONLY organic Avocado)

Seedless Grapefruits

White Potatoes (Use ONLY Purple or Golden-Soak in Boiled hot water for 1 hour)

Carrots

There are many more grafted genetically altered acid foods imbued with yeast strand viruses that you need to watch out for

SEVEN-DAY TRANSITIONAL MEAL PLAN-3-6 months

Foods:

Recommended you eventually get to 1 meal a day. Do two meals until you are able to accomplish the one meal a day plan

7-Day Schedule:

Upon Waking take only water herbs and fruits till 12pm:

Recommended Fruits:

Blue Berries/Black Berries/Mulberries Organic/Dark Red Apples Organic-Heirlooms/Cherries Organic/Limes Key limes/Pomelos Grapefruit Organic/Watermelon Organic Black seeded/Pears Organic

Green Drink MUST DO DAILY:

All Organic: Fresh Dandelion Leaves, Fresh Dill, Fresh Romaine, Fresh Ginger, Fresh Grapefruit, Fresh Lime Juice, Juice or Blend (Then Strain)

Drink at least 8 ounces a day for building Digestive Enzymes, cleaning Digestive Tract & Liver & Increasing Detox and Mineral Absorption

Recommended use of alkaline Water (Fiji, or distilled with Dr Ali Alkaline drops) Blend with fruits to make a juice.

Noon-3pm: Salads and or soup

With Romaine Lettuce, or Arugula, Dandelion, or organic Malabar or Egyptian spinach only

* Seeds grains and transitional Nuts (Soaked with lime and sea salt for at least 2 hours)

Cucumbers, onions, olives, Seaweeds like dulse arame, nori seaweed sheets, sunflower seeds pumpkin seeds, avocado etc... natural dressings made from hemp oils, coconut oils, Olive oils only

Once of My recipes is Chick peas blended with Limes and Hemp Oil with Herbo mare herbal seasoning with a little dash of Dill sea salt and cayenne pepper as a salad dressing

Dinner no later than 8pm:

Grain like Fonio/Quinoa/ Amaranth prepared in water boiled on low until all water is slowly absorbed and quinoa amaranth or other recommended grain is soft fluffy and edible

Grain seasoned with herbo mare, and add only coconut oil with sea salt and herbal seasonings NO OTHER OILS

Note: Most of our foods that are readily digestible can be eaten raw...salads fruits etc... but grains must be soaked sprouted as well as lightly heated on water.

A Dehydrator would be an excellent investment.

Snacks: dehydrated vegetable Chips, dried mango, seeds (pumpkin - sunflower), seaweed Nori sheets

Remember (CLASS C Diets) to drink water (Commercial Brand Fiji or Distilled with Alkaline Drops from A.M.A.) when eating dehydrated foods as they lack water and water is needed in every eating experience with them. NEVER DRINK WHILE EATING. Wait 10-15 minutes after and Class C always Citrus Drinks Homemade

Recommended Class C/B Meals:
Dr Ali Recipe Manual and Food book

SEVEN-DAY MEAL PLAN

Meals	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast AVOID	N/A	Same	Same	Same	Same	Same	ALL Liquids
Lunch	Salad & Fruis Fruits First	Same	Same	Same	Same	Same	All Liquids
Dinner	1 Soaked Grain Lightly Prepared 2 vegs 1 Raw legume chick peas	Same	Same	Same	Same		All Liquids
Dessert & Snacks	See above						

NOTE: After 3 months of Class C Diet one should be able to transition to 1 Light Post noon Salad and 1 Meal a day of Class B & Class A foods

Rare Plants and herb seeds you want to acquire for
Gardening:

Calabrese Broccoli
Calabrese Cucumbers
Indian Lemon
Lemon Cucumber
Cucumber Burr gherkins
Cucumber Hmong Red
Cucumber Sikkim
Brassica Oleracea-Wild Cabbage
Trochuda Cabbage
Perpetual Spinach Chard
Olmec Black and Yellow Corn
Black Kale
Japanese Mustard Seed
Arugula
Slyvetta Wild Arugula
Green Calaloo Lambs Lettuce
Egyptian Walking Onion
Egyptian Spinach
Malabar Spinach
Sea Beet
Water Cress
Winter Purslane
Wintercress
Lams Quarter
Persian Garden Cress
Wild Purslane
Oyster Leaf
Red Winter Romaine
Forellenshus Romaine Lettuce
Lactuca Egyptian Lettuce
Speckled Lettuce

Melons:

D'Algiers
Sakatas Sweet Melon
Yellow Canary Melon

OKRA:

Clemson Spineless

Burmese Okra

PEPPERS:

Tequila Sunrise

Blackseed Squash

Yellow Crookneck Squash

White Bush Scallop Zucchini

Wild Cherry Tomato

Wild Roma Tomato

White Wonder Watermelon

Congo Watermelon

Herbs:

Basil

Chives

Cilantro

Oregano

Rosemary

Sage

Thyme

Wild Strawberries

Wild Grapes

Wild Blueberries

Wild Basil

Wild Ginger

Wild Oregano

**I Have Found Suppressed Angers As a Frequent Dis-Ease
State**

**Cleanse the Liver of Nitrogenous Ammonium based
poisons and Discuss Your Issues!!!!!!!!!!!!!!**

LIVER CLEANSE

Recipe for Liver Cleanse

**For Cleansing Medication out of your system and
revitalizing the organ that helps with Regeneration the
LIVER**

Ingredients:

Organic Lime Juice

Fresh Organic Ginger & Turmeric

Cayenne Pepper & Milk Thistle Seeds (Or Liquid Extract)

Dandelion Greens Dill Fresh & Organic Alkaline Water

Instructions:

2 Cups Organic Lime Juice

Cut 7 slices of fresh ginger or juice or blend then strain

Place in 1 gallon of proper Ph water

Add 3 small finger pinches of cayenne

Add Organic Dandelion & Milk Thistle Seed Extract Liquid

Drink every other morning 8 ounces

CLASS C DIET - RECIPE SECTION

Quinoa (pronounced KEEN-wah) is a grain that is high in many vitamins and minerals including magnesium, iron, copper and manganese, is a complete protein and is one of the most versatile foods in the Aboriginal Diet. It can be made as a side dish to accompany savory foods, can be made a main dish, and even incorporated into recipes for sweet desserts. One pound of Quinoa is equal to 2 cups, which when cooked is roughly 12 servings, and costs about \$4.00 per pound, which is roughly \$0.33 per serving! If one can find FONIO, KANIWA replace them for Quinoa

Sea vegetables like dulse, kelp, **nori**, **wakame**, and **arame** are great for making Japanese-inspired dishes, or simply to snack on. These foods have a high concentration of minerals, including the high amounts of fiber, iodine and calcium that our bodies need to sustain themselves naturally. These vegetables also provide peace of mind for those who worry about vitamin B12 deficiency when transitioning to the Aboriginal Diet. Studies have found that dried nori (most commonly used in sushi) has the highest concentration of B12 than any other plant source, and is relatively inexpensive as well. One pack of 50 nori sheets is 50 servings, and cost about \$20.00, which is \$0.40 per serving!

Avocado, the fruit most commonly known for being the key ingredient in guacamole, is another food that is a complete protein. It also is rich in many vitamins and minerals including fiber, potassium, Vitamin E, B-vitamins and folic acid. Its rich, creamy texture and adaptable tastes make it highly sought-after for creating dips, side dishes, sandwiches and even desserts. One avocado contains two servings and usually costs about \$1.00, which is \$0.50 per serving!

Without further ado, here is a week's worth of dinner ideas all under ten dollars! Please note, the following recipes do not account for oil and spices as these are items that should always be present in your kitchen.

1. Monday – Brazil Nut/Chestnut “Cheeze” Pasta

Serves 4-6 people

Ingredients:

1 cup of brazil nuts or Chestnuts \approx \$2.00

1 jar of pasta sauce of your choice \approx \$2.29 (I buy WF brand)

3 Zucchini – 3.00\$

1 bunch of arugula and parley (or any vegetable of choice) \approx \$4.50

Spices/herbs of choice (I use sea salt, black pepper, thyme, and basil)

Instructions:

- In a pot over low-medium heat, add the broccoli (or other vegetable) and enough water to cover the bottom of the pot. Cover and allow vegetable to steam cook.
- Spiralize the noodles using a conventional spiralizer. Set aside.
- Combine nuts and pasta sauce in a blender and blend until sauce is pink, thick and creamy.
- Gather vegetables, add sauce to the pot and stir. Add your spices, until the taste meets your satisfaction.
-

Total cost of meal \approx \$11.79

2. Tuesday - Aboriginal Sushi Rolls

Serves 4-6 people

Ingredients:

6 sheets of nori = \$2.40

1 cup of cooked quinoa \approx \$0.66

2 avocados, diced \approx \$2.00

Spices/herbs of choice (I use a sesame seed blend, wasabi powder and sea salt)

Instructions:

- In a pot over medium heat, boil 2 cups of water.
- Once boiling, add one cup of dry quinoa and cook Till tender slow cook. Remove from heat, fluff and set aside.
*Keep in mind this recipe makes 3 cups of quinoa and you will only need 1 cup. The reserved quinoa can be used in other dishes.
- Lay the nori sheets flat, and scoop 1-2 tablespoons of quinoa and 1-2 tablespoons of avocado onto the middle of the nori sheets. Add spices onto the mixture.
- Roll one side of the nori sheet into the other, and continue to roll until the rolled nori resembles a cylinder.
- Place rolls in freezer for 10 minutes to set.
- Cut each roll into small circles and serve.

Total cost of meal \approx \$5.06

3. Wednesday - Vegetable Steam Cooked
Serves 6-8 people

Ingredients:

1 small red onion, diced ≈ \$0.50

1-2 tablespoons of minced ginger ≈ \$0.50

1 small Beet ≈ \$1.00

1 bunch of Arugula ≈ \$2.50

1 bunch of wild cabbage ≈ \$2.50

1 [15 oz] can of garbanzo beans or 1 cup of cooked ≈ \$1.00

1 tablespoon of coconut butter (I use Earth Balance brand) ≈
\$0.20

Spices/herbs of choice (I use sea salt, cayenne pepper, and
adobo seasoning).

Instructions:

- In a large skillet over medium flame, heat enough water to cover $\frac{1}{4}$ from the bottom of the pan.
- Sauté red onion until soft.
- Add minced ginger and Shredded beet and sauté until fragrant.
- Add wild cabbage and cover, letting it steam. Begin to add spices to taste.
- Once cabbage has softened, add arugula. Continue to add spices.
- Stir in chickpeas and coconut butter.
- Serve alone, or with reserved quinoa from sushi recipe.

Total cost of meal ≈ \$8.20

4. Thursday – Chickpea tacos

Serves 4-6 people

Ingredients:

1 small red onion, diced ≈ \$0.50

3 roma tomatoes, diced ≈ \$2.00

2 avocados, diced ≈ \$2.00

1 lime ≈ \$0.25

¼ cup of fresh cilantro, chopped ≈ \$0.25

1 [15 oz] of garbanzo beans (chickpeas) or 1 cup cooked ≈ \$1.00

1 pkg. of blue corn tortillas (I use Whole Foods brand) ≈ \$1.50

Spices of choice (I use sea salt, cayenne, cumin and adobo seasoning)

½ bunch of romaine lettuce, shredded ≈ \$1.00

Instructions:

- Place freshly washed and shredded romaine in a dish. Set aside.
- Combine the onion, tomatoes, juice from one lime, avocado and cilantro into a bowl. Add in spices (sea salt, cumin and cayenne to taste), mix well, and let set at least one hour before serving.
- If using canned chickpeas, drain and rinse chickpeas in cold water. If using cooked, proceed to next step.
- In a saucepan over low heat, add chickpeas and ¾ cup of water. Let simmer until chickpeas begin to soften and water begins to drain.
- Add your spices and using the back of a large spoon, mash the chickpeas until they no longer have form and resemble mashed potatoes.
- Remove from heat, place in a dish
- Warm the tortillas over low heat in a skillet. Place on a dish.
- Place all dishes on the table, allowing for guests to assemble their tacos.

Total cost of meal ≈ \$8.50

5. Friday - Curried Navy Bean Soup

Serves 6-8 people generously

Ingredients:

1 cup of navy beans soaked in lime and sea salt \approx \$1.00

$\frac{1}{4}$ fresh cilantro, chopped \approx \$0.25

1 Beet, chopped \approx \$1.00

1 bunch of arugula \approx \$2.50

1 bunch of Celery \approx \$2.50

Curry seasoning to taste

Spices of choice (In addition, I use sea salt, cumin, cayenne and adobo)

*You may also vary your vegetables. In the colder months, any variety of fall squashes blend well with the flavors of this dish.

Instructions:

- In a large pot, bring to slight medium heated boil 2 cups of water. Add beans and curry to taste, reduce heat to low- medium setting, and allow beans to disintegrate fully. This will create the broth for your soup. Add water/lime as is necessary.
- As beans begin to disintegrate, add spices of choice, cilantro, arugula, Cut celery, Shredded beets. Cover and allow to cook slowly.
- As Cut celery begins to soften, add arugula, and cover.
- Once all vegetables have softened, stir in cooked quinoa, stirring until warm.
- Remove from heat and serve immediately.

Total cost of meal \approx \$8.75

6. Saturday – Mango Salsa Salad

Serves 4 people

Ingredients:

1 bunch of romaine lettuce, chopped \approx \$2.00

1 small red onion \approx \$0.50

$\frac{1}{4}$ cup of fresh cilantro, chopped \approx \$0.25

1 mango, diced \approx \$1.50

1 cucumber, diced \approx \$1.00

1 lime \approx \$0.25

1-2 tablespoons of coconut or hemp oil

Spices of choice (I use sea salt, cumin, and cayenne)

Instructions:

- Combine mango, onion, cilantro, cucumber, juice from one lime, and spices in a bowl. Let sit for at least one hour, before serving.
- In a separate bowl, toss romaine (chopped into bite size pieces) with 1-2 tablespoons of coconut or hemp oil, sea salt and cayenne to taste (not too much, as the salsa provides a good basis for the flavor of the entire salad).
- Combine romaine with salsa and toss. If you still have some reserved cooked quinoa, you can mix it in as well.
- Serve immediately.

Total cost of meal \approx \$6.50

7. Sunday – Arugula Salad

Serves 4 people

Ingredients:

1 bunch of Arugula (any variety) \approx \$2.50

1 Beet shredded \approx \$1.75

1-2 tablespoons of minced ginger \approx \$0.25

*10 pitted kalamata olives \approx \$2.25

3 tablespoons fresh lemon juice (approx. 1 ½ lemons) \approx \$0.75

1 tablespoon of honey \approx \$0.16

3 tablespoons of coconut or hemp oil

Sea salt and Black pepper to taste

Instructions:

- Bring a large pot of water to boil. Once boiling, remove from heat and place Arugula (bite-sized, stems removed) in a colander over the water for 2 minutes. The steam will soften the arugula.
- Cut each kalamata olive in half and set aside.
- Once arugula has softened, combine all ingredients, toss and let sit for at least 30 minutes. This salad tastes best when the flavors have been given time to marinate.

*If you go to any specialty market, they usually have an olive bar. You can pay only for what you need for a recipe, usually cheaper than buying them jarred.

Total Cost of meal \approx \$7.66

Cream of Zucchini Soup

Makes 4 servings

- 1 cup water, plus additional water to thin
- 2 medium zucchini, peeled and chopped (about 2 cups)
- 2 stalks celery, chopped
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin coconut or hemp oil
- 2 small slices of red or black radish, crushed
- 1/2 teaspoon sea salt, or to taste
- Dash cayenne
- 1 avocado, mashed
- 2 tablespoons minced fresh dill (or 2 teaspoons dried)

Place the water, zucchini, celery, lemon juice, olive oil, radishes, salt, and cayenne in a blender or Vita-Mix and process until smooth. Add the avocado and dill and blend briefly. Add additional water to thin the soup to desired consistency, and blend. Serve chilled or at room temperature. Stored in a sealed container in the refrigerator, Cream of Zucchini Soup will keep for up to three days. Use t water to make the soup warm to hot

This creamy soup is delicious served chilled, at room temperature, or warmed gently on the stove or in the dehydrator.

NOTES:

Mediterranean Arugula or Romaine Salad

Makes 6 servings

- 2 small bunches arugula or romaine , stems removed
- 2 tablespoons extra virgin coconut or hemp oil
- 2 tablespoons lime or lemon juice
- 1/2 teaspoon sea salt
- 1/4 cup soaked pine nuts
- 1/4 cup golden seeded raisins or any seeded raisins, soaked 10 minutes, drained, and rinsed
- fresh ground black pepper, to taste

Stack two of the arugula leave or romaine hearts with the stem end facing you. Fold in half lengthwise and roll tightly like a cigar. Slice crosswise into thin strips. Repeat with the remaining Arugula leaves or romaine hearts. Chop the arugula strips crosswise a few times, so they aren't too long.

Place the Arugula or romaine in a mixing bowl along with the coconut or hemp oil , Lime or lemon juice, and salt. Toss well with your hands, working the dressing into the greens. Add the soaked pine nuts and raisins and toss gently. Season to taste with black pepper. Stored in a sealed container in the refrigerator, Mediterranean Arugula/Romaine Salad will keep for three days. Bring to room temperature before serving.

Variation #1: Substitute 1/4 cup sliced kalamata olives for the raisins and add 1 diced red bell pepper.

Variation #2: Eliminate the raisins and the pine nuts. Add 1 seeded and diced tomato, 1 diced avocado, and a dash of cayenne pepper.

When Arugula is cut into thin strips and marinated in a dressing, it has a wonderfully soft and juicy texture that makes it delightful in salads. This nutritious salad is visually beautiful, and sure to become a staple recipe for your family and friends.

NOTES:

Green Smoothie

Makes 2 1/2 smoothie

- 2 cup water, apple juice or coconut water
- Handful of Black berries
- 2 bananas
- 5 stalks Arugula Endives or romaine lettuce

Put water/juice along with fruits in high speed blender and blend. Add Arugula/Endives or romaine and blend until smooth.

Highly nutritious and delicious. This makes a great breakfast drink. Best when drunk fresh. Experiment with all types of fruits and greens, there are endless variations to this drink.

- 2-3 cups any greens of your choice, 2 cups papaya, 2 oranges, 3 dates
- 1 handful lettuce leaves, 1 handful mint, 4 bananas, 1/2 cup water
- Winter Smoothie - 1 cup organic frozen berries (any kind), 2 cups fresh spinach, 1/4 inch fresh ginger, water
- Spring Smoothie - fresh squeezed blood orange or tangerine juice, ripe bananas, frozen mangoes, and several large leaves of arugula (extra frozen mango gives lovely thick consistency you eat with a bowl + spoon)
- 1/2 bunch romaine lettuce, 1 cup strawberries, 2 bananas, water
- 4-5 arugula leaves, 4 apples, 1/2 lemon juiced, water
- 2 big handfuls mixed baby greens, 2 pears, 2 mangoes, 1 cup fresh or frozen blueberries
- Choc-mint – 2 cups spinach, 10-12 mint leaves, 3 bananas, 2 Tbs. carob powder, 1 cup water
- 1 handful of spinach, 2 stalks of celery, 2 bananas, 2 pears, 1 apple, 1 cup

water

- 1 small handful of spinach, 2 cups arugula, 2-3 mangoes, 1 cup water
- 1/2 head romaine lettuce, , 1 large mango, 1-inch fresh ginger
- 1 handful wild greens (e.g. dandelion), 1 small handful mint leaves, 3 cups honeydew melon
- 3-4 stalks celery, 2 ripe persimmons, 1 banana
- 1 handful chard leaves, 5-6 kale leaves, 3 large bananas, 1 cup water
- 1 handful parsley, 3 cups of peeled papaya

NOTES:

Mango Paradise Pie

Makes 8 servings

Pie Crust Ingredients:

- 2 cups Soaked Pumpkin or brazil nuts
- 2 tablespoons coconut oil
- Juice of one lime or lemon

Mango Pie Filling:

- 2 cups dried mango
- 2 cups water

Place seeds in food processor with s-blade and grind the nuts to a powder. Transfer ground seeds into a large bowl. Place seeded raisins or dates or figs, coconut oil, and lime or lemon juice into food processor and blend well until the consistency is creamy. Add mixture to seeds. Use both hands to knead the ingredients together into a dough. Prepare pie pan by sprinkling coconut shreds on the bottom, to prevent dough from sticking to pan. Line the pan with the dough, making it flat and even. Press flat pieces of dough down to a single, even layer.

Submerge the dried mangoes in 2 cups of warm water. Soak them for 20 to 30 minutes. After 30 minutes blend the mangoes along with the water they soaked in until it is completely smooth. The mangoes will become thick as you blend it, add small amounts of water to help the blender move along. Pour mixture into the pie pan. Use a spatula to spread mango mix evenly over the crust. Decorate the pie with fruits. Place the pie into the freezer to make it firm.

The mango filling also makes a great jam and also can be served on top of ice cream. You can make this pie and freeze it until you are ready to eat it.

NOTES:

Not Tuna Pâté

Makes 4 servings

- 1 cup pumpkin seed, soaked 8-12 hours sea salt and lime, drained, and rinsed
- 1/2 cup brazil nuts, soaked 8-12 hours sea salt and lime, drained, and rinsed
- 1/4 cup water
- 2 tablespoons lemon juice
- 1/2 teaspoon sea salt
- 1/4 cup minced celery
- 2 tablespoons minced red onion
- 2 tablespoons minced dill or parsley

Place the pumpkin seeds, brazil nuts, water, lemon juice, and salt in a food processor fitted with the S blade and process into a paste. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Transfer to a mixing bowl, and add the celery, onion, and parsley. Mix well. Stored in a sealed container in the refrigerator, Not Tuna Pâté will keep for five days.

Not Salmon Salad: Add 1/2 cup grated purple carrots to the food processor along with the brazil nuts, pumpkin seeds, water, lemon juice, and salt. Replace the parsley with 2 tablespoons minced fresh dill weed, or 2 teaspoons dried.

Not Tuna Pâté is the perfect accompaniment to a green salad, and makes a wonderful stuffing for a tomato or red bell pepper half.

NOTES:

Zucchini Noodles Marinara

Makes 6 servings

Marinara ingredients:

- 2 beets, chopped
- 1 cup sun-dried tomatoes, soaked 2-4 hours, drained, and chopped
- 1/4 cup extra virgin coconut or hemp oil
- 2 slices of radishes red or black, crushed
- 1/2 teaspoon sea salt, or to taste
- Dash cayenne
- Dash fresh ground black pepper
- 2 tablespoons minced fresh basil or 2 teaspoons dried
- 1 tablespoon minced fresh oregano or 1 teaspoon dried

Noodle Ingredients:

- 6 medium zucchini, peeled and cut into thirds

Place all the ingredients for the Marinara Sauce in a food processor fitted with the S blade and process until smooth. Stored in a sealed container in the refrigerator, Marinara Sauce will keep for three days. Transform the zucchini into noodles using a vegetable peeler or spiral slicer. Toss the zucchini noodles with enough marinara sauce to coat well and serve immediately. Serve with extra Marinara sauce on the side.

Pasta Puttanesca: Add 1/4 cup sliced kalamata olives to the finished sauce.

This marinara sauce tastes like the original. Your family and friends will think it slow-simmered on the stove for hours.

NOTES:

Coconut Milk Hemp Milk Chia Milk

Makes 2 1/2 cups milk

- 1 cup whole, Coconut Milk Hemp Seeds of Chia, If Hemp soaked 8-12 hours, drained, and rinsed (about 1 ½ cups after soaking)
- 2 1/2 cups water
- 3 pitted dates, soaked
- 1/2 teaspoon vanilla extract, optional

Place 1 1/2 cups of the water and the main part (coconut meat chia or hemp), dates, and vanilla in a blender. Blend on high speed until very smooth. Add the remaining 1 cup water and blend until smooth. To separate the “milk” from the pulp, squeeze the blended mixture through a double layer of cheesecloth or through a sprout bag. Serve at room temperature or chilled. Stored in the refrigerator, Milk will keep for five days.

Plant based milk is a wonderful dairy substitute. Drink it plain, use it as a base for smoothies, or serve it over non starch cereal. To make a richer Cream, add only 1/2 cup water at the end, for a total of 2 cups water.

NOTES:

Hemp Milk

Makes 2 1/2 cups milk

- 1 cup whole, raw Hemp Seeds, soaked 8-12 hours, drained, and rinsed (about 1 1/2 cups after soaking)
- 2 1/2 cups water
- 3 pitted dates, soaked
- 1/2 teaspoon vanilla extract, optional

Place 1 1/2 cups of the water and the Hemp Seeds, dates, and vanilla in a blender. Blend on high speed until very smooth. Add the remaining 1 cup water and blend until smooth. To separate the “milk” from the almond skins and pulp, squeeze the blended mixture through a double layer of cheesecloth or through a sprout bag. Serve at room temperature or chilled. Stored in the refrigerator, Hemp Milk will keep for five days.

Hemp milk is a wonderful dairy substitute. Drink it plain, use it as a base for smoothies, or serve it over cereal. To make a richer Hemp Cream, add only 1/2 cup water at the end, for a total of 2 cups water.

NOTES:

RECIPES - Dessert

Ice Cream Dream Recipe

Berry Berry Good

Hemp Milk

Coconut Milk

Black Berries

Blue Berries

Raspberries

Strawberries

Agave Nectar

INSTRUCTIONS:

Pour 1 Hemp Milk into Bowl

Add 1 Can or 2-3 cups of Coconut Milk to Blender

Blend Berries in Blender with Coconut Milk with 5-7 Table Spoons of

Agave Nectar

Add Sea Moss or Sea Moss Powder - Blend

Place in freezer for 3-5 hours

Take out and place in frig 3-5hrs. Mix in ½ cup Hemp milk and Blend!!!

Chocolate Cinnamon Ice Dream

Hemp and Almond Milk

Coconut Milk – Sea Moss

Cinnamon

Nutmeg

Agave Nectar

INSTRUCTIONS:

Place Half Carton of Chocolate Hemp and half carton of Chocolate Almond Milk in a Bowl. If you do not have chocolate almond or hemp milk add two scoops or carob to the half cartons of milk and blend

Add Cinnamon and nutmeg

Add agave nectar Add Sea Moss – BLEND!

Place in freezer for 3-5 hours

Take out and place in frig 30 mins. Mix in ½ cup Hemp milk and Blend!!!

Basic Lunch Sandwiches

Coconut Wraps- Nori Wraps or Hemp or Spelt Bread Yeast Free
Dill
Sliced Tomatoes
Avocado
Herbomere [Sea Salt]
Coconut, Sunflower, Avocado, or Olive Oil-
Hummus

INSTRUCTIONS:

Mix cut Dill with Tomatoes Herbomere [Sea Salt] and Coconut, Sunflower,
Avocado, or Olive Oil
Separately Mix Avocado with Sunflower, Avocado, or Olive Oil and
Herbomere [Sea Salt]
Spread the Avocado on both sides of the bread and then add vegetable
mix on bread

Avocado Sandwich

Avocado
Romaine Lettuce/Arugula
Red Onions
Herbomere [Sea Salt]
Coconut Wraps Nori Wraps or Spelt Bread Without Yeast
Sunflower, Avocado, or Olive Oil
Cumin
Anise

INSTRUCTIONS:

Cut up Romaine lettuce and arugula into small portions
Add Red Onions Sunflower, Avocado, or Olive Oil cumin anise and
herbomere
Mix Avocado with Sunflower, Avocado, or Olive Oil and Herbomere [Sea
Salt]
Spread Avocado over Bread and add vegetables

Sea Vegetable & Quinoa Mix

Arame
Wakame
Dulse
Tomatoes
White Onions
Red Peppers
Yellow Peppers
Quinoa
Water
Coconut Oil

INSTRUCTIONS:

Mix all Sea Vegetables with 2 ½ Cups of Hot water

Let soak for 15 minutes

While adding Add shredded beets, onions, hot peppers, and Coconut Oil
DONE!!!

Sprout Quinoa for 5 hours in sea salt and lime in alkaline water.

Boil/Simmer Quinoa with Water till soft and fluffy MUST STIR and season
with Herbomere [Sea Salt] and Coconut Oil

Quinoa & Curry with Coconut

Ingredients:

Quinoa
Curry Seasoning
Coconut Milk
Sea Salt
Water

Instructions:

Soak Quinoa for 2-5 hours Simmer/Boil Quinoa on low till soft and fluffy
Stir while boiling

After water saturated add coconut milk place on low Add Curry seasoning
and sea salt

**Class B & A diet are composed of single foods or raw salad
with 3-4 ingredients including the bulk**

Yellow Crook Neck Squash



Black Aztec Corn

Can Be soaked in scalding water for 2 hours with sea salt and lime



Sakata Melon



Tiger Melons



White Wonder Water Melons



Mexican Wild Gherken Cucumber



Malabar Spinach



Congo Watermelon



Moon and Star Watermelon



Lemon Cucumber



Japane Mustard



Speckled Lettuce



Admire Lettuce



Arugula Leaf



DeCicci & Calabrese Broccoli



Lambs Lettuce



Golden Purslane Greens



Oak Leaf Lettuce



Egyptian Spinach



Glossary

Urea Cycle – The **urea cycle** (also known as the 'ornithine cycle') is a cycle of biochemical reactions that produces urea ($(\text{NH}_2)_2\text{CO}$) from ammonia (NH_3). This cycle occurs in ureotelic organisms. The urea cycle converts highly toxic ammonia to urea for excretion. The urea cycle takes place primarily in the liver and, to a lesser extent, in the kidneys.

Atom- The smallest part of an element. An atom consists of a nucleus (which contains protons (unnaturally) and neutrons) and surrounding electrons. The nucleus is positively charged (Naturally neutral), and this determines the atomic number of an element. A large number of entities in the atomic nucleus have been identified, and the search for other's continues.

Molecule- An electrical neutral aggregate of atoms held together strongly enough to be considered as a unit. A Fractal Set of Atoms. The individual atoms may be of the same type or different. Combinations of dissimilar atoms form chemical compounds. Magnetons create bonds by circulating via atomic poles. Excess or deficiency of magnetons by the loss of acquisition of electrons results in the formation of an ion.

Cell- Is the basic structural, functional, and biological unit of all living known organisms. Cells are the smallest unit of life that can replicate independently, and are often called the building block's of life. The study of cells is called cell biology. Cells consist of a protoplasm within a membrane, which contains many biomolecules such as proteins (properly called Melantropic Peptides and nucleic acids.

DNA- (Deoxyribonucleic acid) is a molecule encoding the genetic instructions for life. ONA is the precursor Original

Centromere- Is the part of a chromosome that links sister chromatids.. During mitosis, spindle fibers attach to the

centromere via the kinetochore. Centromeres were first defined as genetic loci that direct the behavior of chromosomes. Their physical role is to act as the site of assembly of the kinetochore- a highly complex multiprotein structure that is responsible for the actual events of chromosome segregation-e.g. binding microtubules and signaling to the cell cycle machinery when all chromosomes have adopted correct attachments to the spindle, so that it is safe for cell division to proceed for completion (i.e. for cell to enter anaphase).

Chromosome- A chromosome is packaged and organized chromatin, a

Complex of macromolecules found in cells, consisting of DNA and protein. The main information carrying macromolecule is a single piece of coiled double – stranded DNA, containing many genes, regulatory elements and other non-coding DNA. The DNA bound macromolecules are proteins, which serve to package the DNA and control its functions. Chromosomes vary widely between different organism. Some species also contain plasmids or other extra chromosomal DNA.

Autosomal DNA- Is a term used in genetic genealogy to describe DNA or ONA inherited from the autosomal chromosomes, as opposed to the sex chromosome. Humans have 22 pair of autosomes and one pair of sex chromosome (the x chromosome and the said y chromosome). Autosomes are numbered roughly in relation to their sizes. That is Chromosome 1 has approximately 2800 genes, while Chromosome 22 has approximately 750 genes. There is no established abbreviation for Autosomal DNA: atDNA (more common) and auDNA are used.

Mitochondrial/ Mitochondrion- The mitochondrion (plural mitochondria) is a membrane bound organelle found in most eukaryotic cells(the cells that make-up plants, animals, fungi and many other forms of life).

Mitochondrial DNA- Is the DNA located in mitochondria; cellular organelles within eukaryotic cells that convert chemical energy from food into a form that cells can use, adenosine triphosphate(ATP) . Mitochondrial DNA is only a small portion of the DNA in a eukaryotic cell; most of the DNA can be found in the cell nucleus, and in plants the chloroplast as well.

STARCH aka Exo[polysaccharide- Extracellular polymeric substances (EPSs) are natural polymers of high molecular weight secreted by microorganisms into their environment. EPSs establish the functional and structural integrity of biofilms, and are considered the fundamental component that determines the physiochemical properties of a biofilm, EPSs are mostly composed of polysaccharides (exopolysaccharides) and proteins, but include other macro-molecules such as DNA, lipids and humic substances. EPSs are the construction material of bacterial settlements and either remain attached to the cell's outer surface, or are secreted into its growth medium. These compounds are important in biofilm formation and cells attachment to surfaces. EPSs constitute 50% to 90% of a biofilm's total organic matter

Ribonucleic acid- Is a polymeric molecule. It is implicated in a varied sort of biological roles in coding, decoding , regulation, and expression of genes. DNA and RNA are nucleic acids and along with proteins and carbohydrates, constitute the three major macromolecules essential for all well known forms of life. Like DNA,RNA is assembled as a chain of nucleotides, but like DNA it is often found in nature as a single-strand folded unto itself rather than a paired double strand.

Cell membrane- The cell membrane(also known as the plasma membrane or cytoplasmic membrane) is a biological membrane that separates the interior of all cells from the outside environment.

ADP- Is an important organic compound in metabolism and is essential to the flow of energy in living cells. A molecule of ADP consists of three important structural components: a sugar backbone attached to a molecule of adenine and two phosphate groups bonded to the 5' carbon atom of ribose. The carbon molecules that make up the ring of a sugar can be named in a way that more specifically designates the location of the phosphate and adenosine attachments: The sugar backbone of ADP is known as a pentose sugar and consists of five carbon molecules. The two phosphate groups of ADP are added in series to the 5' carbon of the sugar backbone, while the adenosine molecule attaches to the 1' carbon

ATP- Consists of three phosphate groups attached in series to the 5' carbon location, whereas ADP contains two phosphate groups attached to the 5' position, and AMP contains only one phosphate group attached at the 5' position. Energy transfer used by all living things is a result of dephosphorylation of ATP by enzymes known as ATPases. The cleavage of a phosphate group from ATP results in the coupling of energy to metabolic reactions and a by product of molecule of ADP.

Carbon- The nonmetallic element that is the characteristic constituent of organic compound's its compounds are constituents of all living tissue . Carbon combines with hydrogen, nitrogen, and oxygen to form the basis of all organic matter. Organic carbon compounds provide energy in foods. Carbon 12 has no protons and it is adverse to nitrogen species

Carbon- 14 –IA radioactive isotope of carbon with a half –life of 5600 years . It is used as a tracer in metabolic studies and in archaeology to date materials containing carbon.

Nucleotide- A compound formed of phosphoric acid, a pentose sugar, and a base (purine pyrimidine), all of which constitute the structural unit of nucleic acid. The Phosphoric acid is not a natural component in Black Biology.

Tissue- A group or collection of similar cells and their intercellular substance that perform a particular function. The four major groups are epithelial, connective, muscular and nervous tissues.

Organ- A body structure made of several tissue that all contribute to specific functions .Many organs occur in pairs. In such pairs, one organ may be extirpated and the remaining one can perform all necessary functions peculiar to it. One third to two fifth's of some organs may be removed without loss of function necessary to support life.

Oxidative phosphorylation- Is the metabolic pathway in which the mitochondria in cells use their structure , enzymes and energy released by the oxidation of nutrient's to reform ATP. Although the many forms on life on earth use a range of different nutrients. ATP is the molecule that supplies energy to metabolism. Almost all aerobic organisms carry out oxidative phosphorylation. This pathway is probably so pervasive because it is a highly efficient way of releasing energy , compared to alternative fermentation processes such as anaerobic glycolysis.

Telomeres- Telomeres are the caps at the end of each strand of DNA that protect our chromosomes

Basic Body Systems

- 1. Brain/CNS: Back-feeding system of astrocyte cells
- 2. Endocrine: allows blood to secrete substances; composed of hormones
- 3. Respiratory: uses air and oxygen combust the body to spread oxygen to the tissue in the body
- 4. Lymphatic: immune system; water in the body; allows for body to disseminate substances
- 5. Cardiovascular: carries blood via arteries and veins
- 6. Digestive: allows for absorption of nutrients
- 7. Excretory: cleaner of the blood and uric acid and urea via urine
- 8. Reproductive: composed of glands and organs, which allow for incubation of substances used for life reproduction
- 9. Muscular: system attached to the bones, which allows for motility
- 10. Skeletal: tissue reverberator of electromagnetic/radio energy
- 11. Meridians: astrocytes on outside of the nerves that carry information back to the brain
- 12. Integumentary: skin system

ABORIGINAL MEDICAL ASSOCIATION STUDIES

I Have recorded the data of 1236 Health Clients using:

Quantum Magnetic Analyzer Testing

Indigenous Body & Astro-Magnetic Diagnostics

I have completed 2 studies on the Fruitarian and Vegetarian exclusive diets:

1) First Study was with 10 women measuring menses during a 4 month period on Raw Fruits and vegetables

2) Second Study was on myself and 7 other clients on the Nitrogen Reduction Diet for 6 months

I will publish my findings in

Melanin Encyclopedia Volume 2

In Summary I observed via the Quantum Magnetic Analyzer testing a drop in all areas pertaining to nitrogen compounds (Urine Protein, Urea, Uric acid, decrease in symptoms of arterosclerosis, increase in all metabolic liver functions, digestive absorption, peristalsis, and the menses STOPPED despite a day or two of spotting. My studies covered 39 areas of anatomical and physiological state covering thousands of functions, including all 12 organ systems all endocrine and brain glands, body mineral state. Nutritional protein was reduced by upwards of 85%. None of the 17 clients showed any signs of sickness of mineral deficiency. Weight loss proved be loss of bad fat aka white adipose tissue. Psychologically subjects appeared to gain newer interests required less sleep and physically looked 'brighter'.

The studies have proven to me beyond any reasonable doubt that the protein amino acid theory is completely not applicable

to a etho-genetic tropical genomic people. In fact carbon compounds and oxygen work to detox the body of these nitrogenous compounds via deamination (Melanin immunity) and the result is more life vitality reduction of cellular necrosis, weight loss, mineral absorption, and certain diseases just disappeared from the testing.

The research of these studies are now the basis of Black Biology © ® and the utilization of Class 0, A, B & E diets as the ultimate Nutritional Regiments for peoples of Aboriginal and African genetic descent Specifically Male genetic haplogroups A & B and female group L-1 primary and L & M groups in general.

Chief Amaru Namaa Taga Xi-Ali © ®

Dr Ali Muhammad © ®

Aboriginal Medical Association © ®



Aboriginal Medical Association

CEO Dr Ali Muhammad

MELANIN & MELANOGENESIS

**Is Tyrosine/Tyramine a Constituent Component of the
Photosynthetic & Nutritional production of Melanin
Polymers or Chemosynthetic³⁰ Production of pigment via
Fermentation Processes? Is Tyrosine/Tyramine a Virulent
Trace Amino Molecule?**

Contents

Abstract

Content Introduction Page

Defining Principles Page

Content Body Page

Conclusion Page

ABSTRACT:

³⁰ In 1890, Sergei Nikolaevich Vinogradskii (or Winogradsky) proposed a novel life process called chemosynthesis. His discovery suggested that some microbes could live solely on inorganic matter and emerged during his physiological research in the 1880s in Strassburg and Zurich on sulfur, iron, and nitrogen bacteria.

This paper is written as a preliminary work to discuss the production and biosynthesis (Melanogenesis) of melanin. It is the author's position that current Western Scientists and Institutions are not disclosing the truth and accuracy about the in vivo biological production of melanin. Our Key point here is that Melanin is not a nitrogenous molecule and melanogenesis is not caused by any nitrogenous molecules. A quote from the latest published studies from Western Scientists supports this position.

*"The melanins are an important class of multifunctional bio-macromolecules with fascinating and potentially useful electronic and optoelectronic properties. They are one of the last major bio-macromolecular systems where we do not know how the constituent molecules organize. This knowledge gap hinders attempts to map their properties and function and is a particular issue in understanding their roles in human photo protection and melanoma cancer."*³¹

Content Introduction:

Melanin is defined via the Aboriginal Medical Association via VCF (Visible Combustion Factor). The Visible Combustion Factor proposes that the hue (melanin) in visible skins cells, eyes, and hair is directly related to Solar interaction with cellular interstitial fluids (Cell Water) and crystallized carbon structures both of which attenuate, absorb, and refract solar radiation (light) causing the molecule to intelligently remove barriers to the physiological expression of its visible appearance of hue. This is a process that can be measured viewed and substantiated in vivo and in vitro through the deamination of tyrosine's trace nitrogen aspect tyramine that must take place in order for the carboxylic acid to be free from

³¹ The supramolecular structure of melanin
Andrew A. R. Watt, Jacques P. Bothma and Paul Meredith

tyramine and thus convert from an aminated tyrosine to a pure carboxylic acid structure (melanin). This substance called melanin has other pathways of genesis as well.. The faulty diagnostics that have been applied to human production of melanin as facts has caused widespread confusion about the production of this substance, which the top Western Scientists admitted was unknown until an Asian doctor discovered a major pathway. Also a patent was developed for a chemosynthetic melanin, Attempts to clone and synthesize synthetic eu-melanin are apart of large projects of Medical Institutions. Our work is to simplify this discussion and add facts to denounce the amino acid (tyrosine etc...) origins of melanin.

This study works functionally with our Indigenous Food Science proposal because the nutritional regiment is designed around an anti nitrogen practice. This nutritional regiment will free up more carboxylic acids from trace amines like tyramine and ultimately remove amino acids like tyrosine from existence allowing the full carboxylic acid structures to be free and express their molecular typical illuminated blackness.

A generic definition for melanin proposed by biologists is:

Melanin is a natural substance that gives color (pigment) to hair, skin, and the iris of the eye. It is produced by cells in the skin called melanocytes. Melanin also helps protect the skin from the sun.³²

³² Habif TP, ed. Principles of diagnosis and anatomy. Clinical Dermatology. 5th ed. St. Louis, Mo: Mosby Elsevier; 2009:chap 1. David C. Dugdale, III, MD, Professor of Medicine, Division of General Medicine, Department of Medicine, University of Washington School of Medicine. Also reviewed by A.D.A.M. Health Solutions, Ebix, Inc.,

This paper presents two diverging views.

- 1) The Aboriginal Medical Association proposes that only the Earth Indigenous body can produce melanin via the Indigenous body's ability to attenuate force field energy in lineal progression from both Spacial Dark energy/Solar Radiation/ Earth Magnetic Field Force and Oxygen/Lineal inheritance/Nutrition from Fruits in the form of Water Minerals and carbohydrates. This production initiates via the L-Body Magnetic force fields³³ of the natural people of the planet (Indigenous body) and attenuates into the dense cellular and molecular structure of the body via epidermal skin and neuro-endocrine charge compression of solar energy and carbon molecular attenuation (Absorption).
- 2) The Aboriginal Medical Association proposes that the current physiological models advanced by European Scientists and Institutions for production of melanin are purposely being suppressed and buried in jargon and nomenclature that hides its biogenesis from a 'black molecule'. This is simply due to scientific racism. The biosynthesis of said melanin proposed by biology models initiated by Europeans and their descendants presents a biosynthesis of melanin that is actually a cover that suppresses the light attenuating carbon/melanin polymers found in natural human specimens of Indigenous origin on the natural non DNA Fruitarian diet³⁴.

Editorial Team: David Zieve, MD, MHA, David R. Eltz, Stephanie Slon, and Nissi Wang.

³³ Blueprint for Immortality Dr Harold Saxton Burr Page 2

³⁴ Dr Ali Muhammad How Eat to Live in the Hereafter Page 47, Aboriginal Black Biology, Appendix 1

Defining Principles:

In order to approach the subject we must first define the essential terms of organism anatomy and physiology that allow for differentiation in the AMA Model. This classification is a new method and is not advanced in the current Euro-controlled model.

The Indigenous Model differentiates 2 types of organisms.

Phototrophic and Heterotrophic

Phototrophic organisms are those who synthesize solar radiation as the most viable form of biological energy processing that stimulates and activates all other processes of energy production, physiological processes, and construction of anatomy. These organisms are solar symbiotic and range from plants to animals to humans. In these organisms it is the Cosmological Constant via Solar radiation that induces melanin production and leads to the deamination of tyrosine to FREE melanin from the tyramine bond. Melanin is not made from nitrogenous ammonia based amines like tyrosine and trace amines like tyramine.

Heterotrophic organisms are those, which are anti-solar and have their genesis in post cataclysmic earth events, which blocked out Sunlight on various parts of the Earth and were accompanied by Magnetic Shifts volcanic eruptions of sulfur and loss of vegetation and water for nutrition. These organisms cannot proliferate in UVB sunlight. When interfacing with this frequency of light the matrixes of the organism are forced into cellular mitosis (cloning), cellular carcinoma, cellular necrosis, and cellular apoptosis. These organisms are not natural to the Earth and most often live most proficiently in post cataclysmic non UVB and unnatural environments above latitude 23.5 degrees North or South of the Equator.

These two diverging types of organisms give us the basis to classify organism types.

Content Body:

The current Indigenous population outside of the Equatorial belt and subjected to non Indigenous food sources are a major part of this short study's focus and utility. This is an educational study via an experimental phase of nutritional changes that will increase melanin production and overall health. This group has been subjected to the theories on anatomy and physiology provided by European groups to their own Indigenous detriment. It is the position of the Aboriginal Medical Association that due to toxic diets and environments their (Indigenous Environmental refugees) anatomies and physiologies have been and are being compromised in regards to melanin production and overall health. This process of production of healthy melanin would naturally be sustained via phototrophic environments and nutritional availability of wild fruit. The damaged melanotropic peptide of these groups are now being chemosynthetically induced and the end product is not to be termed natural melanin. The Aboriginal Medical Association terms the end product pigment mold or 'compromised melanin' specifically trace aminated carboxylic acids.

Pigment mold is a hydrophobic end product of the chemosynthetic production from a genesis of pigment via amine groups (Amino Acids [Heterotrophic compounds]). This pigment mold process and amine production start from prephanate³⁵ activity of ammonium and nitrogenous based

³⁵ **Prephenic acid**, commonly also known by its anionic form **prephenate**, is an intermediate in the biosynthesis of the aromatic amino acids phenylalanine and tyrosine.

compounds which cleave oxygen from carbon to initiate anti-combustion (low aerobic [oxygen]) cellular environments leading ultimately to high alcohol ammonium environments of fermentation.

Phenylalanine is said in the modern model of bio-chemistry to be the precursor to Tyrosine.

Its structure like Tyrosine possesses an amidogen (NH₂).

Amidogens (Amino radical)³⁶ are formula NH₂ and are ammonia molecules. Amidogen as a component of Phenylalanine is a hydrophobic (water hating) molecule, which disallows it to attenuate solar photons, structured water being a prerequisite of these attenuating (absorption) processes. They (amidogens) carry alcohol and free radical oxygen bonds as well. This molecular structure composes phenylalanine, the precursor to tyrosine.

Phenylalanine, which is the precursor to tyrosine, is both ammonia based amino molecule, an alcohol based molecule,

It is synthesized by a [3,3]-sigmatropic Claisen rearrangement of chorismate Source: Helmut Goerisch (1978). "On the mechanism of the chorismate mutase reaction". *Biochemistry* **17** (18): 3700, Peter Kast, Yadu B. Tewari, Olaf Wiest, Donald Hilvert, Kendall N. Houk, and Robert N. Goldberg (1997).

"Thermodynamics of the Conversion of Chorismate to Prephenate: Experimental Results and Theoretical Predictions". *J. Phys. Chem. B* **101** (50): 10976–10982

³⁶ In chemistry, **amidogen** is a radical compound of nitrogen and hydrogen with the formula NH₂. A member of the amino group, it may be regarded as an ammonia molecule which has had one of its hydrogen atoms removed.[1] Although amidogen forms part of many compounds, e.g. the phenethylamines, it has not yet been isolated in a separate state

hydrophobic (water hating) and an unstable free radical. It like all other amines can be classified into heterotrophic molecules³⁷, which build heterotrophic compounds, which build heterotrophic tissues.

AMA stance:

Tyrosine is a compound of the trace amine (nitrogen) tyramine and carboxylic acids (True Melanin) bound together. A Carboxylic acid is a carbon based compound that makes covalent bonds with other molecular structures as the basis of all life. The carboxylic acids are the largest group of bio-molecules on the planet and compose all known natural bio-structures of planetary organisms³⁸. Tyramine is an ammonia (amidogen) based molecule that operates a cyclic operation from tyramine to tyrosine back to tyramine. Adding a carboxylic acid to tyramine creates tyrosine and decarboxylation (removal of carbon compounds) from tyrosine makes the trace amine tyramine. The Carboxylic compound (melanin) added temporarily neutralizes the toxic effects of tyramine, creating tyrosine.

Tyramine occurs widely in plants and animals, and is metabolized by the enzyme monoamine oxidase. In foods, it is often produced by the decarboxylation of tyrosine during **fermentation or decay**. Foods containing considerable amounts of tyramine include meats that are potentially **spoiled or pickled, aged, smoked, fermented, or marinated** (some fish, poultry, and beef); most pork (except cured ham);

³⁷ First classified by AMA via Nitrogenous based molecules that are not bound to oxygen which stabilizes them and protects against nitrite fermentation.

³⁸ The Melanin Encyclopedia Introduction to Carboxylates and Carboxylic Acids AMA

chocolate; alcoholic beverages; and fermented foods, such as most cheeses (except ricotta, cottage, cream and cheeses), sour cream, yogurt, shrimp paste, soy sauce, soybean condiments, teriyaki sauce, tempeh, miso soup, sauerkraut, kimchi, broad (fava) beans, green bean pods, Italian flat (Romano) beans, snow peas, avocados, bananas, pineapple, eggplants, and yeast.³⁹

Tyrosine is catalyzed from phenylalanine via hydroxylation (adding of alcohol molecule) to phenylalanine. It is composed of the same amidogen ammonia based molecular structure, is hydrophobic, (water hating), alcohol based, and induces fermentation.

Tyrosine⁴⁰ comes from the word tyros meaning 'CHEESE' and was first discovered by Justus Von Liebig. He (Liebig hmm interesting name LIE-BIG!!!!) discovered tyrosine while monitoring the fermentation of cheese while extracting casein⁴¹

Liebig's history as a chemist saw the promotion of **nitrogen** as the basis for proper agricultural increase in production and adding ammonia to plants for increase in production.

He (Liebig) downplayed the role of humus (Carbon & Mineral based fertilizers) in plant nutrition and allegedly discovered

³⁹ T. A. Smith (1977) *Phytochem.* **16** 9-18

⁴⁰ **tyrosine (n.)**

white, crystalline amino acid, 1857, coined 1846 by German chemist Justus von Liebig (1803-1873), who had first obtained it a year before from the products of a fusion of old cheese and potash, from Greek *tyros* "cheese" (from PIE **tu-ro-*, from **teue-* (2) "to swell" (see ***thigh***) on the notion of "a swelling, coagulating") + chemical suffix ***-ine*** (2)

⁴¹ *The Columbia Electronic Encyclopedia, 6th ed.* Infoplease.com — Columbia University Press. 2007

that plants feed on nitrogen compounds and carbon dioxide derived from the air. One of his most recognized and far-reaching accomplishments was the invention of nitrogen-based fertilizer. (Soil death) Liebig believed that nitrogen must be supplied to plant roots in the form of ammonia, and recognized the possibility of substituting chemical fertilizers for *natural* (animal dung, etc.) ones. Nitrogen fertilizers are now widely used throughout the world, and their production is a substantial segment of the chemical industry⁴²

Its obvious that if the founder of tyrosine found it from a fermented product and that he promoted nitrogenous based agriculture that his processes reflect his leaning away from earths natural processes in botany agriculture and biology.

Tyrosine produces stress hormones epinephrine, nor epinephrine, dopamine in the adrenals, which clearly shows its evolved from and in environments of danger cataclysm, and unsettled unnatural consequences, which exist mostly outside of the equatorial belt amongst the pale races.

Tyrosine synthesizes phytase, a heterotrophic enzyme responsible for phytic acid cleaving via hydrolysis protonization (adding of positive hydrogen ions aka making more acidic). Phytases have been found to occur in animals, plants, fungi and bacteria, yet phytases have been most commonly detected and characterized from fungi⁴³. Phytic acid is a known deterrent to melanin production. It has been noted to cause melasma, affecting melanin. It blocks iron and copper absorption and can only be unlocked in alcohol based acidic fluids. It then releases unbound phosphorus into the body

⁴² http://en.wikipedia.org/wiki/Justus_von_Liebig

⁴³ Mullaney EJ, Ullah AH (2003). "The term phytase comprises several different classes of enzymes". *Biochem Biophys Res Commun* **312** (1): 179–184

weakening tissues bones etc... Phosphate can only be created from Phosphorus via the carboxylic based hormone parathyroid hormone.

Tyrosine is said to be a primary causative of the melanin process. AMA defers and states that tyrosine is not causative of melanin production. Tyrosine is neutralized by carboxylation (Melanin Immune reaction) of tyramine . The compromised pigment upon visible combustion factor observation is light to dark brown. It is AMA's position that the Original melanin is blue-black a sign of perfect carbon attenuation and non amine interference. Tyrosine has never been proven to be a maker of melanins in vivo process of the Indigenous body via any process except for cloning via FISH (Fluorescence in situ hybridization).

Articles on the virulence of tyrosine are many

Here is one such article to substantiate the viral nature of tyrosine kinases

THE
EMBO
JOURNAL

Performing your original search, **tyrosine pathogens**, in PMC will retrieve [15735 records](#).

EMBO J. Jun 15, 1999; 18(12): 3241–3248.
doi: [10.1093/emboj/18.12.3241](https://doi.org/10.1093/emboj/18.12.3241)

PMCID: PMC1171405

Protein tyrosine kinases in bacterial pathogens are associated with virulence and production of exopolysaccharide.

[O Ilan](#), [Y Bloch](#), [G Frankel](#), [H Ullrich](#), [K Geider](#), and [I Rosenshine](#)

[Author information](#) ► [Copyright and License information](#) ►

This article has been [cited by](#) other articles in PMC.

Abstract

In eukaryotes, tyrosine protein phosphorylation has been studied extensively, while in bacteria, it is considered rare and is poorly defined. We demonstrate that *Escherichia coli* possesses a gene, *etk*, encoding an inner membrane protein that catalyses tyrosine autophosphorylation and phosphorylation of a synthetic co-polymer poly(Glu:Tyr). This protein tyrosine kinase (PTK) was termed Ep85 or Etk. All the *E. coli* strains examined possessed *etk*; however, only a subset of pathogenic strains expressed it. Etk is homologous to several bacterial proteins including the Ptk protein of *Acinetobacter johnsonii*, which is the only other known prokaryotic PTK. Other Etk homologues are AmsA of the plant pathogen *Erwinia amylovora* and Orf6 of the human pathogen *Klebsiella pneumoniae*. These proteins are involved in the production of exopolysaccharide (EPS) required for virulence. We demonstrated that like Etk, AmsA and probably also Orf6 are PTKs. Taken together, these findings suggest that tyrosine protein phosphorylation in prokaryotes is more common than was appreciated previously, and that Etk and its homologues define a distinct protein family of prokaryotic membrane-associated PTKs involved in EPS production and virulence. These prokaryotic PTKs may serve as a new target for the development of new antibiotics.

Conclusion:

Melanin Production:

As stated in the genesis of this article the production and organization of melanin suppressed by European Institutions and Scientists.

We take the position based on the 'visible combustion factor' that melanin in humans is the by product of a complex exchange of energy via varying magnetic fields that provides body melanin with its color and that octahedral and hexagonal carbon structures accomplish total refraction in a jet black body and levels of refraction in varying shades.

Total refraction is the ability of geometric carbon molecules to bend light to such a degree that it captures the light completely and stores it. A body accomplishing this feat would be jet black with a blue/green radiance. In History this phenomena was noted as Akhdar⁴⁴ in Islamic physiological studies and KmWr in Ancient Egyptian records. Akhdar meant both green and black and was represented as 'salsala hamaa masun' a body created radiantly black. This phenomena extended to other cultures as in India the Vishvarupa body of Rama was termed perfect radiantly black and depicted with a blue aura.

What was it that the ancients knew?

The fascination with skin color is not a new phenomena. It is thousands of years old and today we have the ability to see

⁴⁴ Surah 36 of the Quran discusses how al nari (fire) is made from the 'khdr' of the trees and from it we (humanity) are charged (nuri). The khdr here is the carbon and copper and chlorophyll processing photosynthesis.

why. The Health of the body that lives on an orb like the earth with a local star is determined by degree or activated melanin.

The Chronology of Magnetic Field production of the force to produce biological melanin.

Dark Energy Force field emission from Sagittarius (Galactic Center) A Black Whole

Dispersed to local star which revolves in gravitational submission around Galactic Center and Sun (Local Star) disperses Magnetic Field Energy to Earth

Earth Revolves and Rotates generating local Magnetic Field Force, which is absorbed by all natural organisms

Organisms L Bodies Magnetic Fields and Electrical fields absorb Galactic Center Solar Earth Planetary and local force field energy from Plants

All of the above processes leads to VSF of melanin production in the body of Original People

This proves the Creative Force is the Source to create activated energy and melanin and its the signature that Indigenous peoples are the natural people of this orb.

Indigenous peoples developed meditation and prayer systems around solar movements to increase attenuation of this force field energy

Indigenous Peoples mastered dietary practices and understood ONLY carbohydrates were fuel for their cells providing glucose and water. Along with Oxygen and Sunlight the body was proposed to remain in perfect condition

Experiment proposal:

Practitioners will participate in a 6 month study

Proposal states that phytic acid and DNA from plants and animals is injurious to the vitality of the body of original people.

Practitioners will experiment with diets that create optimal vitality.

Aboriginal Non DNA Diet NRD © ®:

Dr Ali Muhammad

Factors of detailed description will be provided in separate papers

Diagnostics will be maintained throughout event.

Date of study: August 7th 2014 Present date August 8th 2017

Aboriginal Medical Association © ®

Dr Ali Muhammad © ®

Other Methods of Melanin Production Discovered

Dr Keith Cheng

Keith Cheng identified a key gene that contributes to lighter skin color in Europeans and differs from West Africans. In 2005, Cheng reported that one amino acid difference in the gene SLC24A5 is a key contributor to the skin color difference between Europeans and West Africans

All instances of a gene mutation that contributes to light skin color in Europeans came from the same chromosome of one person who most likely lived at least 10,000 years ago, according to Penn State College of Medicine researchers

“The mutation in SLC24A5 changes just one building block in the protein, and ***contributes about a third of the visually striking differences*** in skin tone between peoples of African and European ancestry,” said Cheng, Distinguished Professor of Pathology.



Other Methods of Melanin Production Discovered

Mutations

- This specific mutation in SLC24A5, called A111T, is found in virtually everyone of European ancestry. A111T is also found in populations in the Middle East and Indian subcontinent, but not in high numbers in Africans. Researchers found that all individuals from the Middle East, North Africa, East Africa and South India who carry the A111T mutation share a common “fingerprint” -- traces of the ancestral genetic code -- in the corresponding chromosomal region, indicating that all existing instances of this mutation originate from the same person.
- Europeans have 10 to 20 times more instances of melanoma than Africans. However, despite also having lighter skin, East Asians have the same melanoma rates as Africans. The reason for this difference can only be explained after the gene mutations for both groups are found. This understanding could lead to better treatments for melanoma.

Alanine vs Threonine

derived threonine allele (Ala111Thr; also known as A111T or Thr111) represented 98.7 to 100% of the alleles in European samples, while the ancestral or alanine form was found in 93 to 100% of samples of Sub-Saharan Africans, East Asians and Indigenous Americans. The variation is a SNP polymorphism rs1426654, which had been previously shown to be second among 3011 tabulated SNPs ranked as ancestry-informative markers. This single change in SLC24A5 explains between 25 and 38% of the difference in skin melanin index between peoples of West African vs. European Ancestry

Other Methods of Melanin Production Discovered

SLC24A5

**Sodium/potassium/calcium exchanger
5**

**solute carrier family 24 member 5
(SLC24A5)**

**Potassium-dependent sodium-calcium
exchanger also known as solute
carrier family 24 (SLC24) is a type of
sodium-calcium exchanger that
requires potassium to function**

Other Methods of Melanin Production Discovered

Human genes that encode members of the potassium-dependent sodium-calcium exchanger family

solute carrier family 24, member 1	
Identifiers	
Symbol	SLC24A1
Alt. symbols	NCKX1
Entrez	9187 ↗
HUGO	10975 ↗
OMIM	603617 ↗
RefSeq	NM_004727 ↗
UniProt	O60721 ↗
Other data	
Locus	Chr. 15 q22 ↗

solute carrier family 24, member 2	
Identifiers	
Symbol	SLC24A2
Alt. symbols	NCKX2
Entrez	25769 ↗
HUGO	10976 ↗
OMIM	609838 ↗
RefSeq	NM_020344 ↗
UniProt	Q9UI40 ↗
Other data	
Locus	Chr. 9 p22-p13 ↗

solute carrier family 24, member 3	
Identifiers	
Symbol	SLC24A3
Alt. symbols	NCKX3
Entrez	57419 ↗
HUGO	10977 ↗
OMIM	609839 ↗
RefSeq	NM_020689 ↗
UniProt	Q9HC58 ↗
Other data	
Locus	Chr. 20 p13 ↗

solute carrier family 24, member 4	
Identifiers	
Symbol	SLC24A4
Alt. symbols	NCKX4
Entrez	123041 ↗
HUGO	10978 ↗
OMIM	609840 ↗
RefSeq	NM_153646 ↗
UniProt	Q8NFF2 ↗
Other data	
Locus	Chr. 14 q32 ↗

solute carrier family 24, member 5	
Identifiers	
Symbol	SLC24A5
Alt. symbols	NCKX5
Entrez	283652 ↗
HUGO	20611 ↗
OMIM	609802 ↗
RefSeq	NM_205850 ↗
UniProt	Q71RS6 ↗
Other data	
Locus	Chr. 15 q15.2 ↗

solute carrier family 24, member 6	
Identifiers	
Symbol	SLC24A6
Alt. symbols	NCKX6
Entrez	80024 ↗
HUGO	26175 ↗
OMIM	609841 ↗
RefSeq	NM_024959 ↗
UniProt	Q6J4K2 ↗
Other data	
Locus	Chr. 12 q24 ↗

Other Methods of Melanin Production Discovered

Potassium Nutrition & Melanin



Musa acuminata

The wild species contains seeds, while cultivated bananas are almost always seedless (parthenocarpic) and are therefore sterile and dependent on vegetative propagation by means of corms. For this reason, they lack genetic diversity and are therefore susceptible to pests and diseases

The fruits of the banana contain high levels of minerals such as phosphorus, calcium and potassium as well as vitamins A and C

Other Methods of Melanin Production Discovered

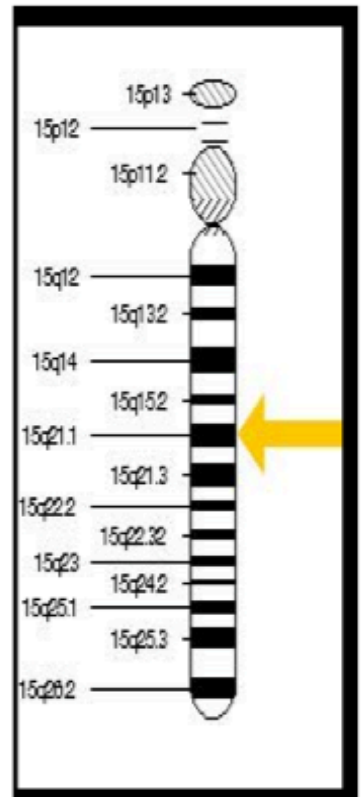
Chromosome 15

Removal of the NCKX5 melanotropic peptide disrupts melanogenesis in human and mouse melanocytes, causing a significant reduction in melanin pigment production. Site-directed mutagenesis corresponding to a non-synonymous single nucleotide polymorphism in *SLC24A5* alters a residue in NCKX5 (A111T) that is important for NCKX5 sodium-calcium exchanger activity

Evidence in the International HapMap Project database of genetic variation in human populations showed that Europeans, represented by the "CEU" population, had two primary alleles differing by only one nucleotide, changing the 111th amino acid from alanine to threonine, abbreviated "A111T"

SOURCE

Science. 2005 Dec 16;310(5755):1782-6.**SLC24A5, a putative cation exchanger, affects pigmentation in zebrafish and humans.**Lamason RL1, Mohideen MA, Mest JR, Wong AC, Norton HL, Aros MC, Jurynech MJ, Mao X, Humphreville VR, Humbert JE, Sinha S, Moore JL, Jagadeeswaran P, Zhao W, Ning G, Makalowska I, McKeigue PM, O'donnell D, Kittles R, Parra EJ, Mangini NJ, Grunwald DJ, Shriver MD, Canfield VA, Cheng KC.



The Antiquity & Origin of Meatless Diets, The Health Benefits and Its Origins with the Afro-Asiatics

I have been a nutritionist for 18 years and a practicing Indigenous Doctor of health for 9 years and I get these two question often.

- 1) Is it safe nutritionally not to eat meat (flesh) and if so where will I get my protein?
- 2) Did any ancient people practice not eating meat?

Before I start answering these questions in detail I will lay out my thesis.

- 1) The group of people who advocated meatless diet were none other than the Afro-Asiatic groups of the Levant (Middle East), and North East Africa. These groups made mass migrations further into their African homelands at various periods of invasion. Prior to these forced migrations these groups had already had many interactions with Indigenous clans in these areas. Today We call these Afro-Asiatics by many pseudo names such as, Saracens, Moors, Ansar-Nasr-Nasarean, Muhijar, Umayyad Muslims etc... These said Afro-Asiatics were the progenitors of the ancient Empire of Punt also known as Ta Ntr which was the foundation of the later Ta Mry (Ancient Egypt) and the Kushite (Ethiopia Western & Eastern)⁴⁵ .

⁴⁵ According to the truest opinion of them who place two Aethiopias above the deserts of Africa: and especially of Homer, who saith that

- 2) The Honorable Elijah Muhammad classified this group by stating that the names Hebrew Israel and Shabazz all mean the same people. The Honorable Elijah Muhammad also advocated a meatless diet in the two Volumes of How to Eat to Live as the Best Diet for our People.
- 3) Dr Ben Jochanan gives us the association of these Black Semites with both migrations into and founding of certain African ethno-groups in his book African Origins of the Western Major Religions. He states "In North Africa, just before the period of Christianity's legal entry into Rome – due to Constantine "the Great" conversion in the 4th century – there were many Hebrew (Jewish) 'tribes' that are of indigenous African (the so-called 'Negroes') origin. These African Jews, as all other Romanized-Africans of this era, were caught in a rebellion in Cyrene (Cyrenaica) during 115 C.E. against Roman imperialism and colonialism. This rebellion also marked the beginning of a mass Jewish migration southward into Soudan (Sudan or West Africa) along the way of the city Aer (Air) and into the countries of Futa Jalon and Senegal (Sene-Gambia) which lie below the parabolic curve of the Niger River's most northern reaches, where the City of Tumbut (Timbuktu, Timbuctoo, etc.), Melle (Mali) presently stands."⁴⁶ ("African Origins of the Major Western Religions," 1970, p. 76).

With these as a basis let us begin answering the two questions of this discussion. Answering the first one is very easy. The Hue-man being is not designed to eat Flesh (meat) and there are no health benefits in it at all. Animal flesh protein is completely indigestible by hue-man beings and is the number one cause of all health disorders. Anyone advocating it as nutrition (If not for transition off of it) shows a SEVERE lack of

the Aethiopians are divided TWO ways towards the East and West
Pliny the Elder Natural History Book IV Page 58-59

⁴⁶ ("African Origins of the Major Western Religions," 1970, p. 76).

knowledge of anatomy physiology, the principles of biological vitality, and nutrition. As a Nutritionist I explain this in all of my nutritional literature. In order for a food to be nutritious it MUST BE A FRUIT A VITAL Fruit (Vegetables are a transition food) and biologically compatible with our biologies. The endocrine system⁴⁷ and paracrine⁴⁸ operations of cells and hormones requires that the nutrients be Vital. Eating dead flesh (meat) offers no life to the body. Animals that eat flesh have large Canine teeth for capturing and eating the animals LIVE. They have the corresponding digestive tract that allows for breakdown of the tissues. Hue-Mans do not have either the teeth, digestive tracts, or the cell similarity to take in flesh (meat) as a form of nutrition.

On the question of “where will I get my protein”, I always answer, :

I grew up down south and when my family hunted deer we would look at the size of the animal (deer) and be in fear because of the sizes of the antlers, height, and apparent strength of the animal. Deers are herbivores. Now ask a simple question where do they get their protein? Where does a horse in the wild get its protein? Very simple, Nowhere, they don't need protein.

⁴⁷ The Endocrine system is the complex glandular system that is responsible for chemical changes in the cells at the direction of brain glands plexuses and other glandular communications liver thyroid thymus etc... These glands house and distribute hormones that act of cell receptors to establish biological physiological and anatomical changes in cells.

⁴⁸ Paracrine operations deal with cell to cell communication via magnetic and electrical signaling and receptors for binding as well as intercellular fluids (lymph aka water) that transmit signaling

The real building blocks of life are carboxylic acids, The were invaded by trace amines and thus the use of the term amino acids.

The body of the Original people classified today genetically as Africoid⁴⁹ is made primarily of carboxylic acids. Carboxylic acids are the foundational compounds for what we call eu-melanin, the only true earth melanin polymer (compound). Eu-Melanin is a fancy word for compounds of carbon. Plants are what keeps cellular respiration and melanin in tact. I say that to say the biology of the Original People is what makes them HUE-Man and thus in my saying that hue-mans are not designed to eat flesh (meat) I speak of the original earth biology of the Original People.

I have written and presented extensively on the anatomy, physiology bio-genetics, and bio-diversity of races, the origins of these bio-diversities, and the nutritional needs of each said 'race'. I have written on this according to genetics via Male and female haplogroupings and provided information on the required nutrition based on bio-chemical makeup.

Now I take up a MUCH easier task, explaining the answer to question number two. Did any Ancient people practice not eating meat (flesh). According to my studies there are only a few groups of people spoken of who ate no meat (flesh) as a consistent dietary practice and only 2 have extensive records (Afro-Asiatic and their Greek students). Many other groups who studied amongst this group adopted

⁴⁹ Male haplogroups A and subclades B and subclades and sometimes D & E Female haplogroups L including L0 L1 L2 L4 L5 L6 mitochondrial lines excluding L3 as the progenitor of all M and N which are the non African Mitochondrial groups

their practices. According to some written records this group (Afro-Asiatics) is the oldest lineage on the planet. Without arguing that point let us consider who this group is. They are addressed to us as an Afro-Asiatic group.

As the issue of diet is concerned, they enter the record under the name Nasareans Israel etc. yet they are distinct from the invading class of Euro-Jews who admittedly converted to the systems of these Afro-Asiatics. Of all the various groups, nationalities, and ethnic groups in written records they have the longest standing records that they ate NO MEAT. The author holds many other views about this group that would be considered by historians 'radical', yet let us get to proving this issue of their not having a flesh (meat) based diet then entertain some of the other claims.

"The Nasarean (Ansar) – they were Jews by nationality⁵⁰ – originally from Gileaditis, Bashanitis and the Transjordan... It (sect of Nasareans) also recognized as fathers the persons in the Pentateuch from Adam to Moses who were illustrious for excellence of their piety. However they would not accept the Pentateuch (5 Books) itself. They acknowledged Moses and believed that he had received legislation (laws) – not this law, though, but some other. And so, though they were Jews who kept all the Jewish observances, they would not offer sacrifice or eat meat. In their eyes it was unlawful to eat meat or make sacrifices with it. They claim that these Books are forgeries, and that none of these customs were instituted by their fathers. This was the difference between the Nasarean and the others⁵¹.

⁵⁰ Epiphanius of Salamis uses the same term as Josephus 'gens' to describe this group of Jews. Gens is Latin for birth nationality or race. The Greek is gyn, which means woman and birth.

⁵¹ Panarion 1:18 by Epiphanius of Salamis

The Next group well known in literature for not eating flesh (meat) of animals were the followers of Pythagoras. Pythagoras was a 6th century B.C. Ionian Greek who traveled to the areas where the Black Semites were and Africans (Ancient Egyptians) were for education. His trips to the said Middle East would have experienced a world where the last dynasties of black rule in Ancient Egypt were in place under Pharaoh Amasis II and where the rule of the Black Semites was under the assault of the Persian King Nebuchadnezzar of Babylon.

The demographics of the pre-Nebuchadnezzar period was the deeply allied Kushite dynasties of Ancient Egypt (25th & 26th) and their associated Vassal states in Judah. The Black Semitic leaders of Judah at the time were appointed by their Black Family, the Kushites (Ethiopians). I will not qualify all of the historical associations between the Kushites and Black Semites of Judah (Nasareans-Essenes-Israel) at this point. I have used Dr Ben Jochanan statement in the intro of this discussion as good footing. The point of focus is that Pythagoras in coming to study would have learned dietary practices from this group.

In The Epistulae Morales of Seneca, Seneca discusses the dietary practices of these Ionian Greeks who had learned these 'foreign rites' from the travels of the Philosopher Pythagoras.

Diogenes Laertius reported that Pythagoras had undertaken extensive travels, and had visited not only Egypt, but Arabia, Phoenicia, Judaea, Babylon, and even India, for the purpose of

collecting all available knowledge, and especially to learn information concerning the secret or mystic cults of the gods⁵²

These are the words of Seneca in respect to the history of the Pythagoreans' dietary practices,

“17. Inasmuch as I have begun to explain to you how much greater was my impulse to approach philosophy in my youth than to continue it in my old age, I shall not be ashamed to tell you what ardent zeal Pythagoras inspired in me. Sotion used to tell me why Pythagoras abstained from animal food, and why, in later times, Sextius did also. In each case, the reason was different, but it was in each case a noble reason

22. I was imbued with this teaching, and began to abstain from animal food; at the end of a year the habit was as pleasant as it was easy. I was beginning to feel that my mind was more active; though I would not to-day positively state whether it really was or not. Do you ask how I came to abandon the practice? It was this way: The days of my youth coincided with the early part of the reign of Tiberius Caesar. Some foreign rites were at that time being inaugurated⁵³

So let us ask the simple question who taught the Pythagoreans these **‘foreign rites’**? It would only make sense that if Pythagoras was in the Levant (Middle East) amongst these Black Semites and in Northeast Africa when the Kushite power was still there (though waning), that he would have had to learn it from one of those civilizations.

⁵² Diogenes Laërtius, viii. 2; Porphyry, *Vit. Pyth.* 11, 12; Iamblichus, *Vit. Pyth.* 14,

⁵³ *Epistulae Morales* 108.22 Seneca

The said ‘strange diet of the Jews’⁵⁴ was widely discussed in antiquity as an ANOMALY, different from any other people. It is widely known that the later Euro-Jews abstained from eating pork along with their Black Asiatic Semitic progenitors. What is not known widely is the position taken by these Black Semites (Asiatics) that the books (then held by the Euro-Jews) had been tampered with.

It is clear from the First Book of the Pentateuch (Genesis) that a diet of no flesh (meat) was prescribed. Genesis 1:29 states,

*“Then God said, “I give you every **seed-bearing plant** on the face of the whole earth and **every tree that has fruit with seed in it. They will be yours for food.** 30 And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I **give every green plant for food.**” And it was so. “*

The Quran is clear that the groups who propagated the text were against eating anything that was ‘dead’. They used the word *al maut*. The Quran states the following in Surah 5 *Al Maidah* verse 3,

“Surah 5 *Al Maidah* verse 3- Forbidden to you is that which is dead⁵⁵, and the Bodily Fluids⁵⁶ (*Al daam* of animals), and the Flesh of swine (pigs), and what is not made fit for Allah

⁵⁴ Philo Legation 361 – Macrobius Sat. 2.4.11 – Juvenal Sat 14 98-99

⁵⁵ The Arabic word used here is ‘*Al maitatu*’ from ‘*Al maut*’ which means ‘*The death or The dead*’, so the common translation of that which dies of itself is incorrect, but the translation should read that which is dead

⁵⁶ *Al Daam* refers to the Blood, lymph, or any bodily fluid of all animals, which should never be eaten as it contains wastes etc. These fluids are not removed from the flesh of the animals in their so-called preparation for human consumption. They cause disease states

There are some who say that the Quran does condone the eating of animal flesh. I reject that stance and can easily expose the mistranslations and tampering with the book that the authors of Quran claim themselves, that a group says its from Allah and it is not (A Writing). The best example is the common mistranslation of the word Aan'am. Aan'am is usually translated to mean Cattle. Surah 6 is called Al Aan'am and most translators translate it to mean cattle. This is erroneous and misleading. The first appearance of the word aan'am occurs in the all to famous Al Fatiha the first and most recited part of the Quran. The Al Fatiha is called the Opening and is placed as the first Surah (Chapter). The word occurs in the 6th verse and is transliterated herein,

“ Siratal ladhina an'amta alayhym”

This phrase is easily translated to The Path (Siratal) of those (Ladhina) upon them (alayhym) is AAN"AM-ta (Divine power, Divine Protection).

The full translation in sequence is

- 1) In the Nature & Power of Allah, The Master of Spiritual Insight , The Perceiver of All Truth
- 2) Supreme Devotion is for the Originator , Nourisher, and Sustainer of Everything
- 3) The Master of Spiritual Insight, The Perceiver of All Truth
- 4) Master of the Period of Judgment
- 5) We are Servants and We seek Divine Protection
- 6) By This We are Guided on the Correct Path
- 7) The Way of those who **have Divine Power (Aan'am-ta)** Bestowed Upon Them

•8) Not those whom chastisement is upon them and not of those who are misguided

It would be foolish to translate this to mean Cattle.

Those unfamiliar with Islam’s Indigenous origins are unaware of how the early enemies of Islam converted to the system in order to subvert it. The Aan’am are said in the Qur’an to be 8 (thamaniya) and these eight aan’am are apart of a system of divination where they represent elements of nature and conditions. We call them the 4 qualities and 4 elements

These are our real FOODS or that which we ‘feed from’ . Allah (The Original Mind – Dark Energy) is the one who feeds and is not feed. Fire Air Water Earth, Hot Cold Wet and Dry are the 8 Aan’am which are our food. At the center is the primal logos, the Mind (nur & nafs) of the Creator Allah.

Table of Aan’am versus Al Maut

Sunlight or Fire Photons		Lunar frequencies
Atmosphere or Air Oxygen	VS	Anaerobic Nitrogen
Water or H2O		Ammonia/Ammonium
Earth or Carbon	Carbohydrates	Amine Nitrogen Sulphur Pheo-pigment

Fire equals the Sun and its particles/waves photons and Africoid genetics is the ONLY genetics that is Solar symbiotic, thus to eat something that is not Solar based is to cause disease. Air equals the Earths Atmosphere, called the samawati (heavens) which is said to have 7 parts (layers) to

it⁵⁷ . The Water is vital for all life and the Earth represents the carbon the most covalent organic substance on earth in addition to the other earth elements. We are made of these 'ANCESTORS' or ELEMENTS. Our bodies descend from them. Based on temperature (Hot-Cold) and level of moisture (Wet & Dry) we can transmute these 'ancestors or elements into different life forms. Our foods should be composed of these things.

A diet of flesh (meat) is a diet of death. It destroys vitality. The Original People have always had groups who preserved this wisdom and beyond. To say no Indigenous civilizations practiced meatless diets IS TO SHOW SEVERE IGNORANCE OF RECORDS OF HISTORY. In fact the people who have the largest volume of recorded history have preserved the knowledge of their practices. We just don't know who the Original People are.

⁵⁷Surah 41:12 ..."So He completed them as seven 'heavens'(levels of atmosphere) in 2 periods of time and he assigned each heaven (level of atmosphere) its laws of operation (amrahaa)...And we manifested (zayanaa) in the world of the heavens (as-samaa-ad dunyaa) a morning dawn (bimasaabiyha) and strengthened it (The atmosphere). This was all done after a CATAclysm where for some time the Sun had been blocked out and the Earths Magnetic Field (Atmosphere) had been impacted. The restoration of the eco-system is being discussed here, not the creation of the entire earth in 6 periods. It took 6000 years from the last pole shift of 12960 years ago to restore the earth's eco-system and this is why both Bible and Quran discuss this as being done by GODS and Not one God. The discussion is on refurbishing after a disaster, not a discussion on creating the whole universe in six thousand years. We are now 6 thousand years from that refurbishment and the birth of the pale races who have a 'genesis' from that period.

REAL BODY BUILDING

- Consciousness from the Creator forms and composes all Subatomic particles
- Subatomic particles form and compose all atoms
- Atoms form and compose all molecules
- Molecules form and compose all nucleotides, which are A-C-T and G of DNA/ONA (Adenine, Cytosine, Thymine, Guanine)
- Nucleotides make up all Carboxylate salts (misnamed amino acids) (64 possible codons) and these carboxylic acids (28 Current) form and compose genes (7 Nucleotides) and said proteins (Melanotropic peptides)
- Carbon compounds misnamed amines & Proteins form and compose all tissue along with minerals and lime. Tissues form and compose all organs. Organs form and compose all systems. The systems make of the human anatomy and physiology. Since the Body is essentially consciousness then ALL disease is a direct effect of human consciousness.

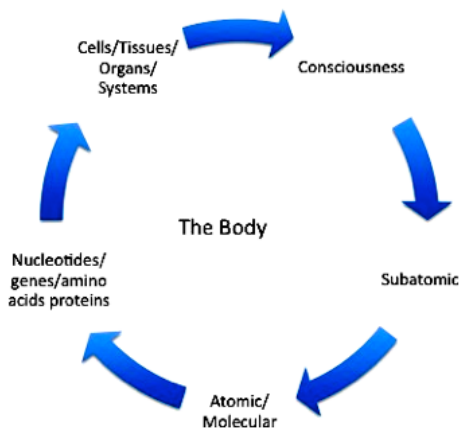
Then what is consciousness? According to the best ancient and modern information available consciousness is composed of waves disseminating from Black holes (Singularity) (Creators Throne [Al Arsh Al Istawa]). Waves are a condition of something we call today Dark Energy. Dark energy has 2 attributes.

Black and infinite. As the primary fuel substance and energy of all things it is very important then to understand why your black carbon (aka melanin) is the subject of great study.

Carbon and chains of it (Melanin) are black because they have the property of absorbing all frequencies of radiation (light) in the electromagnetic spectrum and are NON-PROTONIC which means they are a completely OPEN vortex atom. Yes the blacker the berry the sweeter the juice is real science. The magnetic fields that make up each cell then are fueled by this dark energy and thus the cause of disease then has to be the loss of this energy

source (The Creator) via any things we are doing to 'chaotically obstruct' instead of coherently attenuating that which is the fuel of every living thing in the universe. Disease then is a disconnection from God and Culture.

Real Body Building



Studies & Application of Nano Technology in Medicine Industry Tran humanism and Food

Books:

- Robert A. Freitas Jr., ***Nanomedicine, Volume III: Applications***, Landes Bioscience, Georgetown, TX, 2014-20;
<http://www.nanomedicine.com/NMIII.htm>. In preparation.
 - Robert A. Freitas Jr., ***Nanomedicine, Volume IIB: Systems and Operations***, Landes Bioscience, Georgetown, TX, 2016-20;
<http://www.nanomedicine.com/NMIIB.htm>. In preparation.
 - Robert A. Freitas Jr., J. Storrs Hall, ***Fundamentals of Nanomechanical Engineering***, preparation on hold.
 - Robert A. Freitas Jr., Ralph C. Merkle, ***Diamond Surfaces and Diamond Mechanosynthesis***, 2010-2016, in preparation.
 - Robert A. Freitas Jr., Ralph C. Merkle, ***Kinematic Self-Replicating Machines***, Landes Bioscience, Georgetown, TX, 2004.
 - Robert A. Freitas Jr., ***Nanomedicine, Volume IIA: Biocompatibility***, Landes Bioscience, Georgetown, TX, 2003.
 - Robert A. Freitas Jr., ***Nanomedicine, Volume I: Basic Capabilities***, Landes Bioscience, Georgetown, TX, 1999.
- Robert A. Freitas Jr., William P. Gilbreath, eds., ***Advanced Automation for Space Missions***, NASA Conference Publication CP-2255 (N83-15348), U.S. GPO, Washington, DC, 1982.

SELF REPLICATING MACHINES

- Dr. A. Bowyer, "Engineering Becomes Biology," *Amazon.com*, 11 November 2006.
- Moshe Sipper, "Book Review," *Artificial Life* 12(Winter 2006):187-188.
- "Via Nanotechnology to the Stars," *Centauri Dreams*, 14 October 2005.
- Tihamer Toth-Fejel, "Best Book Ever Written on Self-Replicating Machines," *Amazon.com*, 6 December 2004.
- "Newslite: New Robotics Books," *Robotics Today* 17(Fourth Quarter, 2004):11.

- J. Storrs Hall, "An encyclopedia of self-replicating machines," *Foresight Update*, No. 54, 5 August 2004, p. 8.
- Prepublication comments from 59 technical reviewers of KSRM, 2003.

PEER REVIEWED NANOTECHNOLOGY PAPERS

- Damian G. Allis, Robert A. Freitas Jr., Ralph C. Merkle, "Single-Atom Radical-Exchange Mechanosynthetic Transfer Reactions for Period 1,2,3,4 Elements using Monosubstituted Adamantane Tools and Workpieces," ***J. Comput. Theor. Nanosci.*** 11(2016). In preparation.
- Colin Weatherbee, Robert A. Freitas Jr., "Nanoscale Robot Navigation of the Human Kidney," 2016. In preparation.
- Nuno R. B. Martins, Wolfram Erlhagen, Robert A. Freitas Jr., "Human Connectome Mapping and Monitoring Using Neuronanorobots," ***J. Evol. Technol.*** 26(January 2016):1-25.
- Ralph C. Merkle, Robert A. Freitas Jr., James Ryley, Matthew Moses, Tad Hogg, "Mechanical Computing Systems," USPTO and international PCT patent filing, 31 December 2015.
- Nuno R. B. Martins, Wolfram Erlhagen, Robert A. Freitas Jr., "Action Potential Monitoring Using Neuronanorobots: Neuroelectric Nanosensors," ***Intl. J. Nanomaterials and Nanostructures*** 1(June 2015):20-41.
- Denis Tarasov, Ekaterina Izotova, Diana Alisheva, Natalia Akberova, Robert A. Freitas Jr., "Optimal Approach Trajectories for a Hydrogen Donation Tool in Positionally Controlled Diamond Mechanosynthesis," ***J. Comput. Theor. Nanosci.*** 10(September 2013):1899-1907.
- Robert A. Freitas Jr., "Chapter 6. Diamondoid Nanorobotics," in Constantinos Mavroidis, Antoine Ferreira, eds., ***NanoRobotics: Current Approaches and Techniques***, Springer, New York, 2013.
- Nuno R. B. Martins, Wolfram Erlhagen, Robert A. Freitas Jr., "Non-destructive whole-brain monitoring using nanorobots: Neural electrical data rate requirements," ***Intl. J. Machine Consciousness*** 4(June 2012):109-140.
- Tad Hogg, Robert A. Freitas Jr., "Acoustic Communication for

Medical Nanorobots," *Nano Communication Networks* 3(June 2012):83-102.

- Denis Tarasov, Ekaterina Izotova, Diana Alisheva, Natalia Akberova, Robert A. Freitas Jr., "Structural Stability of Clean and Passivated Nanodiamonds having Ledge, Step, or Corner Features," *J. Comput. Theor. Nanosci.* 9(January 2012):144-158.
- Robert A. Freitas Jr., "Chapter 11. Diamondoid Mechanosynthesis for Tip-Based Nanofabrication," in Ampere Tseng, ed., *Tip-Based Nanofabrication: Fundamentals and Applications*, Springer, New York, 2011, pp. 387-400.
- Damian G. Allis, Brian Helfrich, Robert A. Freitas Jr., Ralph C. Merkle, "Analysis of Diamondoid Mechanosynthesis Tooltip Pathologies Generated via a Distributed Computing Approach," *J. Comput. Theor. Nanosci.* 8(July 2011):1139-1161.
- Denis Tarasov, Ekaterina Izotova, Diana Alisheva, Natalia Akberova, Robert A. Freitas Jr., "Structural Stability of Clean, Passivated, and Partially Dehydrogenated Cuboid and Octahedral Nanodiamonds up to 2 Nanometers in Size," *J. Comput. Theor. Nanosci.* 8(February 2011):147-167.
- Robert A. Freitas Jr., "Chapter 23. Comprehensive Nanorobotic Control of Human Morbidity and Aging," in Gregory M. Fahy, Michael D. West, L. Stephen Coles, and Steven B. Harris, eds, *The Future of Aging: Pathways to Human Life Extension*, Springer, New York, 2010, pp. 685-805.

Aboriginal Denition- Study of Teeth

Problems in System Exist	Yes	No	Specific Organs
Brain and CNS			
Endocrine System			
Respiratory System			
Lymphatic-Immune System			
Circulatory System			
Digestive System			
Excretory System			
Reproductive System			
Muscular System			
Skeletal System			
Meridian System			
Integumentary System (Skin)			

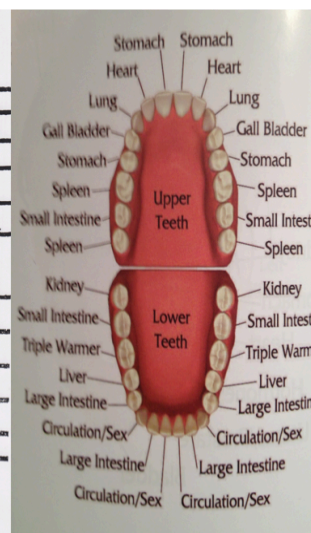
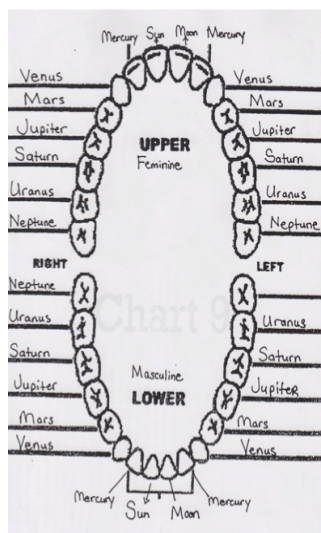
Teethe Quadrants 4 and corresponding types of body systems

Upper left quadrant represents Earth Systems – Taurus or endocrine, Virgo or Digestive, Capricorn or Skeletal

Upper Right quadrant represents Water Systems – Cancer Lymph & Immune, Scorpio Reproductive, and Pisces Skin

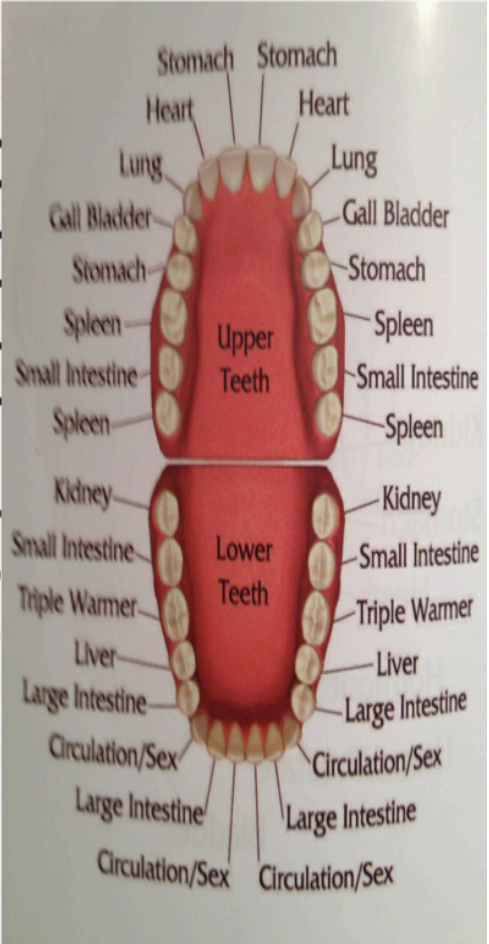
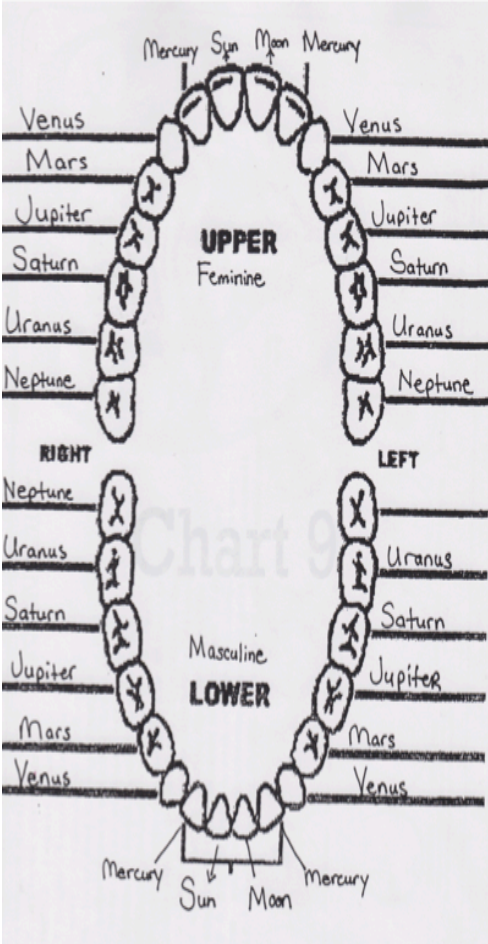
Lower Left quadrant represents Air Systems – Gemini - Respiratory, Libra-Excretory, Aquarius – Meridian

Lower right quadrant represents Fire Systems – Aries Brain and Central Nervous, Leo Circulatory, Sagittarius-Muscles



Aboriginal Denition © ®

What Organ is In Trouble Based on Teeth & Corresponding Bio-Psychological Issue based on Planetary Magnetic Correspondence



BIBLIOGRAPHY OF SOURCES

Garrigan D, Kingan SB, Pilkington MM, Wilder JA, Cox MP, et al. Inferring human population sizes, divergence times and rates of gene flow from mitochondrial, X and Y chromosome resequencing data. *Genetics*. 2007;177:2195–2207

Tishkoff SA, Kidd KK. Implications of biogeography of human populations for ‘race’ and medicine. *Nat. Genet.* 2004;36:S21–S27

Mackintosh JA (2001) The antimicrobial properties of melanocytes, melanosomes, and melanin *J Theor Biol* 211- 1-1-13

Burkhart CG, Burkhary CN (2005) The mole theory. The Primary function of melanocytes and melanin may be antimicrobial defense and immuno-modulation

Cambridge Dictionaries Online. Cambridge University Press. 2015

1931 The History and Discovery of Amino Acids Hubert Bradford Vickery and Carl Schmidt

Enerbäck S (2009). "The origins of brown adipose tissue". *New England Journal of Medicine*. **360** (19): 2021–2023.

Dr Julius Hensel 1894 - Bread From Stones: A New and Rational System of Land Fertilization and Physical Regeneration Page 7

Robert A. Freitas Jr., “Human Connectome Mapping and Monitoring Using Neuronanorobots,” *J. Evol. Technol.* 26(January 2016)

Article on E coli out break

http://www.huffingtonpost.com/2013/02/14/spinach-recall-taylor-farms-e-coli_n_2687967.html

DNA The Secret of Life by James Watson page 88

Department of Chemical Engineering – University of Washington
Institut für Physiologische Chemie, University
Krankenhaus Eppendorf, Martinistrasse Hamburg Germany
“Spinach Chloroplast cpn21 Co-chaperonin Possesses Two Functional Domains Fused Together in a Toroidal Structure and Exhibits Nucleotide-dependent Binding to Plastid Chaperonin 60 “

Article on E coli used in Genetically modified Insulin for diabetes patients

<http://www.littletree.com.au/dna.htm>

Evolutionary relationships among proteins in the phytohemagglutinin-arcelin- α -amylase inhibitor family of the common bean and its relatives Plant Molecular Biology November 1994, Volume 26, [Issue 4](#), pp 1103–1113
<https://link.springer.com/article/10.1007/BF00040692>

Essentials of Glycobiology. 2nd edition Chapter 45 Antibodies and Lectins in Glycan Analysis Richard D Cummings and

<https://www.ncbi.nlm.nih.gov/pubmed/16635908> Marilyn E Etzle <https://www.ncbi.nlm.nih.gov/books/NBK1919/>

Gliadin, zonulin and gut permeability: Effects on celiac and non-celiac intestinal mucosa and intestinal cell lines
<https://www.ncbi.nlm.nih.gov/pubmed/16635908>

¹ Perspectives in Factors Limiting *In Vivo* Digestion of Legume Proteins: Anti Nutritional Compounds or Storage Proteins
Journal of Agriculture and Food Chemistry 2000 Volume 48

pgs 742-749

<https://www.dropbox.com/s/69ar2wxomx2iyn8/jf991005m.pdf?dl=0>

Inflammatory Substances Naturally Found in Plant Based Foods - Lectin Avoidance Diet

The three most common inflammatory cytokines that are responsible for chronic inflammatory diseases are Tumor Necrosis Factor (TNF), [Interleukin-1beta \(IL-1b\)](#) and [Interleukin-6 \(IL-6\)](#). These are the most commonly talked about cytokines in the literature – Lectin Avoidance Diet Source

Sanchez MD, Ochoa AC, Foster TP. Development and evaluation of a host-targeted antiviral that abrogates herpes simplex virus replication through modulation of arginine-associated metabolic pathways. Antiviral Res 2016;132:13-25.

Inglis VBM. Requirement of arginine for the replication of herpes virus. J Gen Virol 1968;3(1):9-17

Becker Y, Olshevsky U, Levitt J. The role of arginine in the replication of herpes simplex virus. J Gen Virol 1967;(1):471-478.

Quantitative estimation of Some of the Essential Minerals of Gymnema Sylvestre as a Potential Herb in Counteractign Complications of Diabetes – International Journal of Research Studies in Biosciences Volume 3 Issue 1 January 2015 pgs 71-74

Rational Fasting Dr Arnold Ehret page 7

Beare-Rogers, J.; Dieffenbacher, A.; Holm, J.V. (2001). "Lexicon of lipid nutrition (IUPAC Technical Report)" Volume 73 Issue 4 January 2001

National Institute of Health Zinc Nutrition -
<https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>

Determination of Mineral Elements in fresh Olive Fruits by Fale Atomic Spectrometry A Fernandez Hernandez – Spanish journal of Agricultural Research pgs 1183-1190

Time Magazine May 15th 1933: Tortoise-Pigeon-Gog – Li Ching Yuen

The supramolecular structure of melanin
[Andrew A. R. Watt](#), [Jacques P. Bothma](#) and [Paul Meredith](#)

Habif TP, ed. Principles of diagnosis and anatomy. Clinical Dermatology. 5th ed. St. Louis, Mo: Mosby Elsevier; 2009:chap 1. David C. Dugdale, III, MD, Professor of Medicine, Division of General Medicine, Department of Medicine, University of Washington School of Medicine. Also reviewed by A.D.A.M. Health Solutions, Ebix, Inc., Editorial Team: David Zieve, MD, MHA, David R. Eltz, Stephanie Slon, and Nissi Wang.

Blueprint for Immortality Dr Harold Saxton Burr Page 2

Dr Ali Muhammad How Eat to Live in the Hereafter Page 47, Aboriginal Black Biology, Appendix 1

The Melanin Encyclopedia Introduction to Carboxylates and Carboxylic Acids AMA

T. A. Smith (1977) *Phytochem.* **16** 9-18

The Columbia Electronic Encyclopedia, 6th ed. Infoplease.com
— Columbia University Press. 2007

Mullaney EJ, Ullah AH (2003). "The term phytase comprises several different classes of enzymes". *Biochem Biophys Res Commun* **312** (1): 179–184

According to the truest opinion of them who place two Aethiopias above the deserts of Africa: and especially of Homer, who saith that the Aethiopians are divided TWO ways towards the East and West Pliny the Elder Natural History Book IV Page 58-59

African Origins of the Major Western Religions, 1970, p. 76).

Panarion 1:18 by Epiphanius of Salamis

Diogenes Laërtius, viii. 2; Porphyry, *Vit. Pyth.* 11, 12; Iamblichus, *Vit. Pyth.* 14,

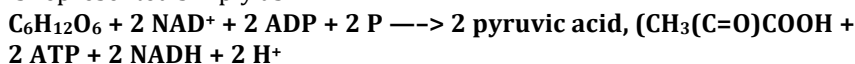
Epistulae Morales 108.22 Seneca

Philo Legation 361 – Macrobius Sat. 2.4.11 – Juvenal Sat 14 98-99

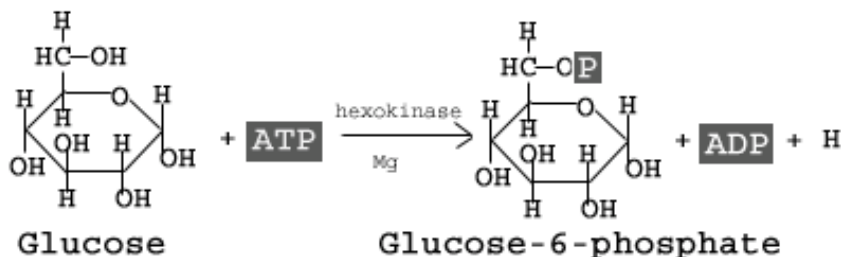
CELL ENERGY CYCLE 3 PART Glycolysis, Citric Acid, Cellular Respiration

Glycolysis is the metabolic process that serves as the foundation for both aerobic and anaerobic cellular respiration. In glycolysis, glucose is converted into pyruvate. Glucose is a six- membered ring molecule found in the blood and is usually a result of the breakdown of carbohydrates into sugars. It enters cells through specific transporter proteins that move it from outside the cell into the cell's cytosol. All of the glycolytic local cell hormone (LCH)s are found in the cytosol.

The overall reaction of glycolysis which occurs in the cytoplasm is represented simply as:



Step 1: Hexokinase



P = phosphate group



The first step in glycolysis is the conversion of D-glucose into glucose-6-phosphate. The local cell hormone (LCH) that catalyzes this reaction is hexokinase.

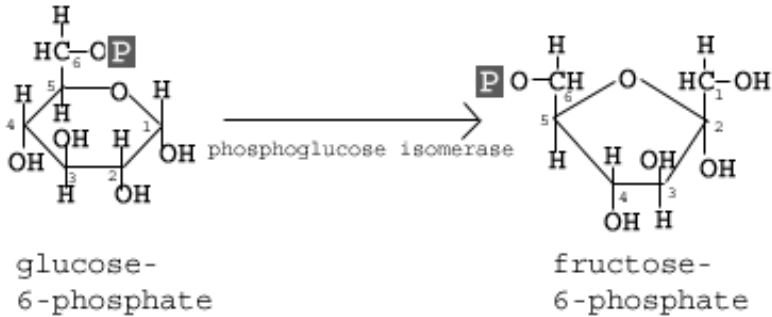
Details:

Here, the glucose ring is phosphorylated. Phosphorylation is the process of adding a phosphate group to a molecule derived from ATP. As a result, at this point in glycolysis, 1 molecule of ATP has been consumed.

The reaction occurs with the help of the local cell hormone (LCH) hexokinase, an local cell hormone (LCH) that catalyzes the phosphorylation of many six-membered glucose-like ring structures. Atomic magnesium (Mg) is also involved to help shield the negative charges from the

phosphate groups on the ATP molecule. The result of this phosphorylation is a molecule called glucose-6-phosphate (G6P), thusly called because the 6' carbon of the glucose acquires the phosphate group.

Step 2: Phosphoglucose Isomerase



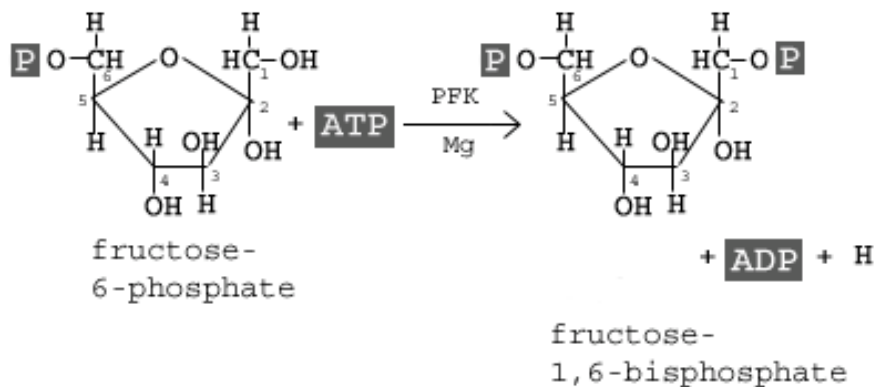
The second reaction of glycolysis is the rearrangement of glucose 6-phosphate (G6P) into fructose 6-phosphate (F6P) by glucose phosphate isomerase (Phosphoglucose Isomerase).

Details:

The second step of glycolysis involves the conversion of glucose-6-phosphate to fructose-6-phosphate (F6P). This reaction occurs with the help of the local cell hormone (LCH) phosphoglucose isomerase (PI). As the name of the local cell hormone (LCH) suggests, this reaction involves an isomerization reaction.

The reaction involves the rearrangement of the carbon-oxygen bond to transform the six-membered ring into a five-membered ring. To rearrangement takes place when the six-membered ring opens and then closes in such a way that the first carbon becomes now external to the ring.

Step 3: Phosphofructokinase



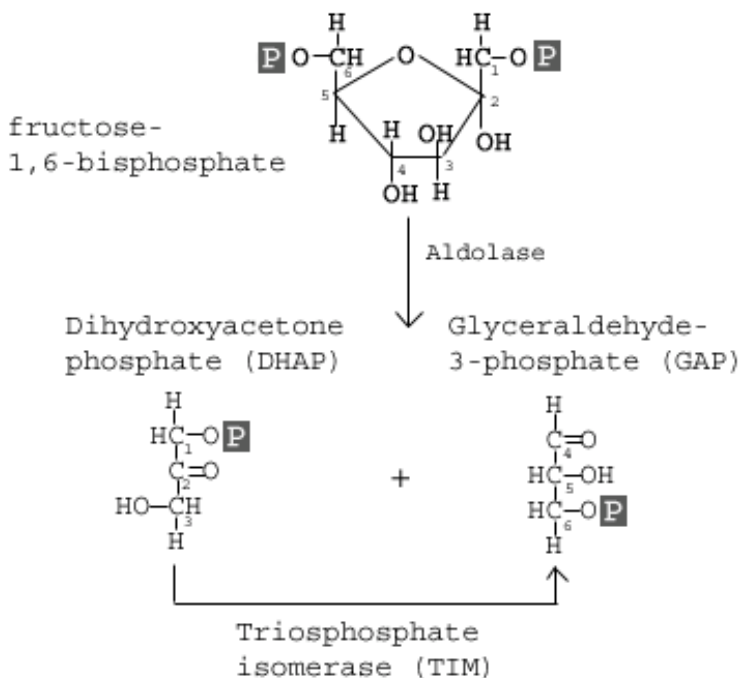
Phosphofructokinase, with magnesium as a cofactor, changes fructose 6-phosphate into fructose 1,6-bisphosphate.

Details:

In the third step of glycolysis, fructose-6-phosphate is converted to fructose- 1,6-*bis*phosphate (FBP). Similar to the reaction that occurs in step 1 of glycolysis, a second molecule of ATP provides the phosphate group that is added on to the F6P molecule.

The local cell hormone (LCH) that catalyzes this reaction is phosphofructokinase (PFK). As in step 1, a magnesium atom is involved to help shield negative charges.

Step 4: Aldolase



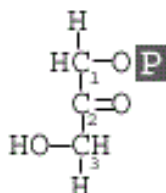
The local cell hormone (LCH) Aldolase splits fructose 1, 6-bisphosphate into two sugars that are isomers of each other. These two sugars are dihydroxyacetone phosphate (DHAP) and glyceraldehyde 3-phosphate (GAP).

Details:

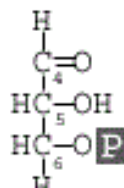
This step utilizes the local cell hormone (LCH) aldolase, which catalyzes the cleavage of FBP to yield two 3-carbon molecules. One of these molecules is called glyceraldehyde-3-phosphate (GAP) and the other is called dihydroxyacetone phosphate (DHAP).

Step 5: Triphosphate isomerase

Dihydroxyacetone
phosphate (DHAP)



Glyceraldehyde-
3-phosphate (GAP)



+

Triosphosphate
isomerase (TIM)

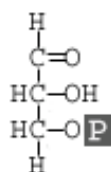
The local cell hormone (LCH) triphosphate isomerase rapidly interconverts the molecules dihydroxyacetone phosphate (DHAP) and glyceraldehyde 3-phosphate (GAP). Glyceraldehyde phosphate is removed / used in next step of Glycolysis.

Details:

GAP is the only molecule that continues in the glycolytic pathway. As a result, all of the DHAP molecules produced are further acted on by the local cell hormone (LCH) triphosphate isomerase (TIM), which reorganizes the DHAP into GAP so it can continue in glycolysis. At this point in the glycolytic pathway, we have two 3-carbon molecules, but have not yet fully converted glucose into pyruvate.

Step 6: Glyceraldehyde-3-phosphate Dehydrogenase

Glyceraldehyde-
3-phosphate (GAP)

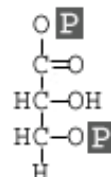


+ NAD

+ P

→
GAPDH

1,3-bisphoglycerate



+ NADH + H

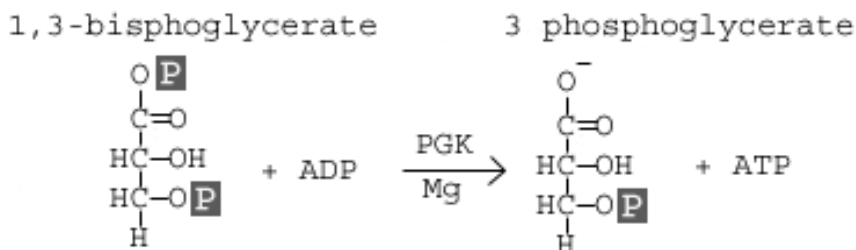
Glyceraldehyde-3-phosphate dehydrogenase (GAPDH) dehydrogenates and adds an inorganic phosphate to glyceraldehyde 3-phosphate, producing 1,3-bisphosphoglycerate.

Details:

In this step, two main events take place: 1) glyceraldehyde-3-phosphate is oxidized by the local cell hormone (LCH) nicotinamide adenine dinucleotide (NAD); 2) the molecule is phosphorylated by the addition of a free phosphate group. The local cell hormone (LCH) that catalyzes this reaction is glyceraldehyde-3-phosphate dehydrogenase (GAPDH).

The local cell hormone (LCH) GAPDH contains appropriate structures and holds the molecule in a conformation such that it allows the NAD molecule to pull a hydrogen off the GAP, converting the NAD to NADH. The phosphate group then attacks the GAP molecule and releases it from the local cell hormone (LCH) to yield 1,3 bisphoglycerate, NADH, and a hydrogen atom.

Step 7: Phosphoglycerate Kinase



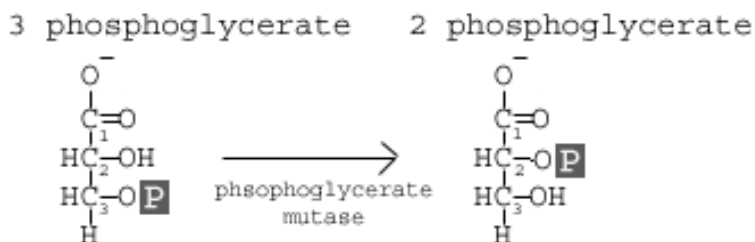
Phosphoglycerate kinase transfers a phosphate group from 1,3-bisphosphoglycerate to ADP to form ATP and 3-phosphoglycerate.

Details:

In this step, 1,3 bisphoglycerate is converted to 3-phosphoglycerate by the local cell hormone (LCH) phosphoglycerate kinase (PGK). This reaction involves the loss of a phosphate group from the starting material. The phosphate is transferred to a molecule of ADP that yields our first molecule of ATP. Since we actually have two molecules of 1,3 bisphoglycerate (because there were two 3-carbon products from stage 1 of glycolysis), we actually synthesize two molecules of ATP at this step. With this synthesis of ATP, we have cancelled the first two molecules of ATP that we used, leaving us with a net of 0 ATP molecules up to this stage of glycolysis.

Again, we see that an atom of magnesium is involved to shield the negative charges on the phosphate groups of the ATP molecule.

Step 8: Phosphoglycerate Mutase



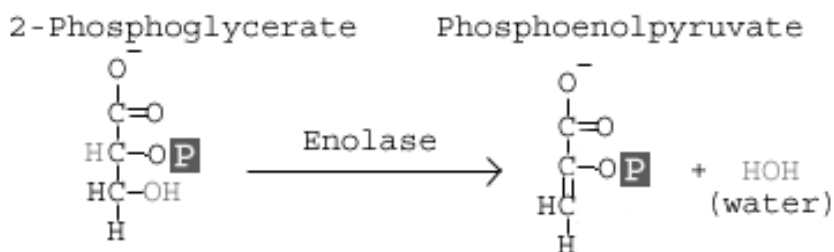
The local cell hormone (LCH) phosphoglycerate mutase relocates the P from 3- phosphoglycerate from the 3rd carbon to the 2nd carbon to form 2-phosphoglycerate.

Details:

This step involves a simple rearrangement of the position of the phosphate group on the 3 phosphoglycerate molecule, making it 2 phosphoglycerate. The molecule responsible for catalyzing this reaction is called phosphoglycerate mutase (PGM). A *mutase* is an local cell hormone (LCH) that catalyzes the transfer of a functional group from one position on a molecule to another.

The reaction mechanism proceeds by first adding an additional phosphate group to the 2' position of the 3 phosphoglycerate. The local cell hormone (LCH) then removes the phosphate from the 3' position leaving just the 2' phosphate, and thus yielding 2 phosphoglycerate. In this way, the local cell hormone (LCH) is also restored to its original, phosphorylated state.

Step 9: Enolase



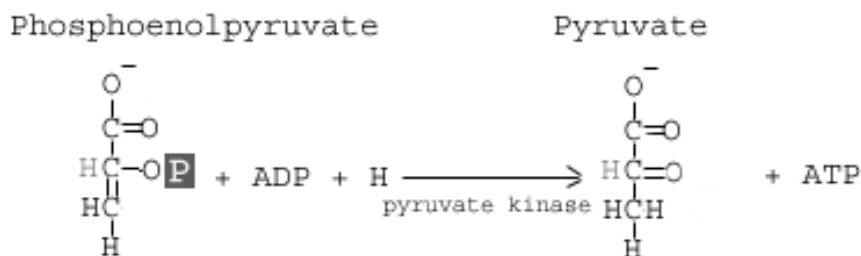
The local cell hormone (LCH) enolase removes a molecule of water from 2-phosphoglycerate to form phosphoenolpyruvic acid (PEP).

Details:

This step involves the conversion of 2 phosphoglycerate to phosphoenolpyruvate (PEP). The reaction is catalyzed by the local cell hormone (LCH) enolase. Enolase works by removing a water group, or *dehydrating* the 2 phosphoglycerate. The specificity of the local cell

hormone (LCH) pocket allows for the reaction to occur through a series of steps too complicated to cover here.

Step 10: Pyruvate Kinase



The local cell hormone (LCH) pyruvate kinase transfers a P from phosphoenolpyruvate (PEP) to ADP to form pyruvic acid and ATP Result in step 10.

Details:

The final step of glycolysis converts phosphoenolpyruvate into pyruvate with the help of the local cell hormone (LCH) pyruvate kinase. As the local cell hormone (LCH)'s name suggests, this reaction involves the transfer of a phosphate group. The phosphate group attached to the 2' carbon of the PEP is transferred to a molecule of ADP, yielding ATP. Again, since there are two molecules of PEP, here we actually generate 2 ATP molecules.

Steps 1 and 3 = - 2ATP

Steps 7 and 10 = + 4 ATP

Net "visible" ATP produced = 2.

Immediately upon finishing glycolysis, the cell must continue respiration in either an aerobic or anaerobic direction; this choice is made based on the circumstances of the particular cell. A cell that can perform aerobic respiration and which finds itself in the presence of oxygen will continue on to the aerobic citric acid cycle in the mitochondria. If a cell able to perform aerobic respiration is in a situation where there is no oxygen (such as muscles under extreme exertion), it will move into a type of anaerobic respiration called homolactic fermentation. Some cells such as yeast are unable to carry out aerobic respiration and will automatically move into a type of anaerobic respiration called alcoholic fermentation.

Steps of the citric acid cycle

You've already gotten a preview of the molecules produced during the citric acid cycle. But how, exactly, are those molecules made? We'll walk through the cycle step by step, seeing how NADH FADH₂ and ATP/GTP are produced and where carbon dioxide molecules are released.

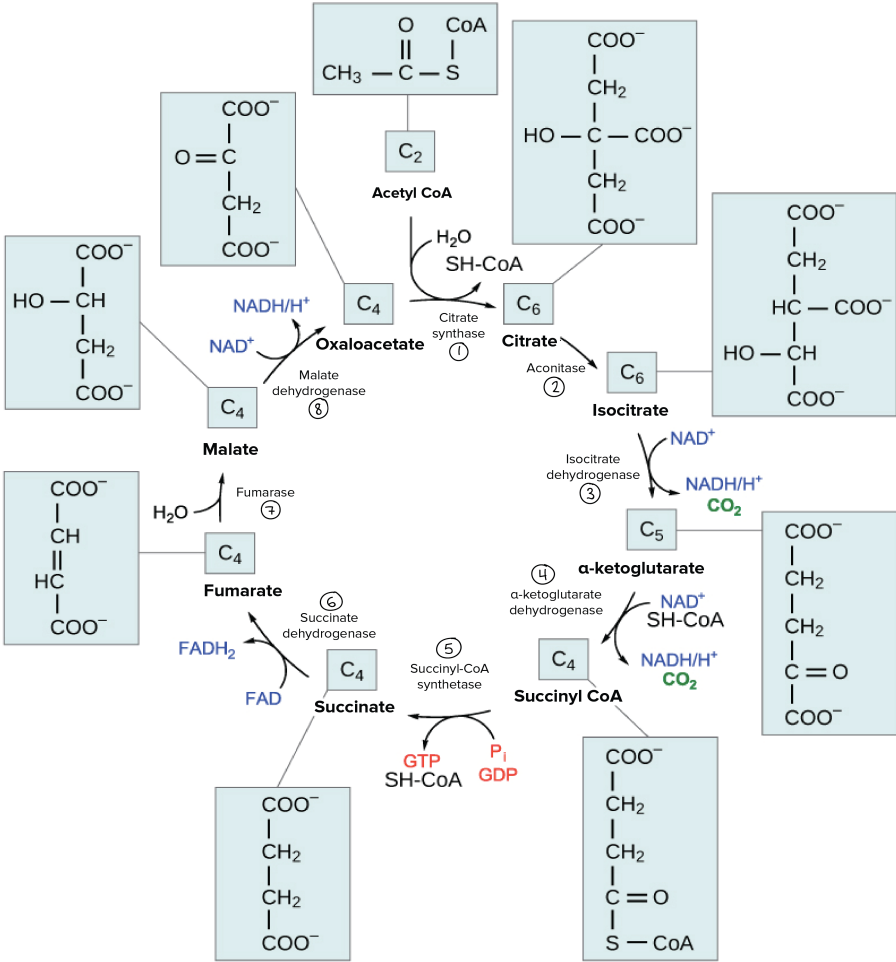
Step 1. In the first step of the citric acid cycle, acetyl CoA, joins with a four-carbon molecule, oxaloacetate, releasing the CoA group and forming a six-carbon molecule called citrate.

Step 2. In the second step, citrate is converted into its isomer, isocitrate. This is actually a two-step process, involving first the removal and then the addition of a water molecule, which is why the citric acid cycle is sometimes described as having nine steps—rather than the eight listed here³³start superscript, 3, end superscript.

Step 3. In the third step, isocitrate is oxidized and releases a molecule of carbon dioxide, leaving behind a five-carbon molecule— α -ketoglutarate. During this step, $+NAD^+$ is reduced to form NADH. The local cell hormone (LCHs) catalyzing this step, **isocitrate dehydrogenase**, is important in regulating the speed of the citric acid cycle.

Step 4. The fourth step is similar to the third. In this case, it's α -ketoglutarate that's oxidized, reducing $+NAD^+$,

plus, end superscript to NADHN, A, D, H and releasing a molecule of carbon dioxide in the process. The remaining four-carbon molecule picks up Colocal cell hormone (LCHs) A, forming the unstable compound succinyl CoAC, o, A. The local cell hormone (LCHs) catalyzing this step, **α -ketoglutarate dehydrogenase**, is also important in regulation of the citric acid cycle.



Detailed diagram of the citric acid cycle, showing the structures of the various cycle intermediates and the local cell hormone (LCHs) is catalyzing each step.

Step 1. Acetyl CoA combines with oxaloacetate in a reaction catalyzed by citrate synthase. This reaction also takes a water molecule as a reactant, and it releases a SH-CoA molecule as a product.

Step 2. Citrate is converted into isocitrate in a reaction catalyzed by aconitase.

Step 3. Isocitrate is converted into α -ketoglutarate in a reaction catalyzed by isocitrate dehydrogenase. An NAD^+ molecule is reduced to $\text{NADH} + \text{H}^+$ in this reaction, and a carbon dioxide molecule is released as a product.

Step 4. α -ketoglutarate is converted to succinyl CoA in a reaction catalyzed by α -ketoglutarate dehydrogenase. An NAD^+ molecule is reduced to $\text{NADH} + \text{H}^+$ in this reaction, which also takes a SH-CoA molecule as reactant. A carbon dioxide molecule is released as a product.

Step 5. Succinyl CoA is converted to succinate in a reaction catalyzed by the local cell hormone (LCHs) succinyl-CoA synthetase. This reaction converts inorganic phosphate, P_i , and GDP to GTP and also releases a SH-CoA group.

Step 6. Succinate is converted to fumarate in a reaction catalyzed by succinate dehydrogenase. FAD is reduced to FADH_2 in this reaction.

Step 7. Fumarate is converted to malate in a reaction catalyzed by the local cell hormone (LCHs) fumarase. This reaction requires a water molecule as a reactant.

Step 8. Malate is converted to oxaloacetate in a reaction catalyzed by malate dehydrogenase. This reaction reduces an NAD^+ molecule to $\text{NADH} + \text{H}^+$.

Step 5. In step five, the CoAC, o, A of succinyl CoAC, o, A is replaced by a phosphate group, which is then transferred to ADPA, D, P to make ATPA, T, P. In some cells, GDPG, D, P—guanine diphosphate—is used instead of ADPA, D, P, forming GTPG, T, P—guanine triphosphate—as a product. The four-carbon molecule produced in this step is called succinate.

Step 6. In step six, succinate is oxidized, forming another four-carbon molecule called fumarate. In this reaction, two hydrogen atoms—with their electrons—are transferred to FADF, A, D, producing 2FADH_2 , A, D, H, start subscript, 2, end subscript. The local cell hormone (LCHs) that carries out this step is embedded in the inner membrane of the mitochondrion, so 2FADH_2 , A, D, H, start subscript, 2, end subscript can transfer its electrons directly into the electron transport chain.

Step 7. In step seven, water is added to the four-carbon molecule fumarate, converting it into another four-carbon molecule called malate.

Step 8. In the last step of the citric acid cycle, oxaloacetate—the starting four-carbon compound—is regenerated by oxidation of malate. Another molecule of NAD^+ is reduced to NADH in the process.

ELECTRON TRANSPORT CHAIN

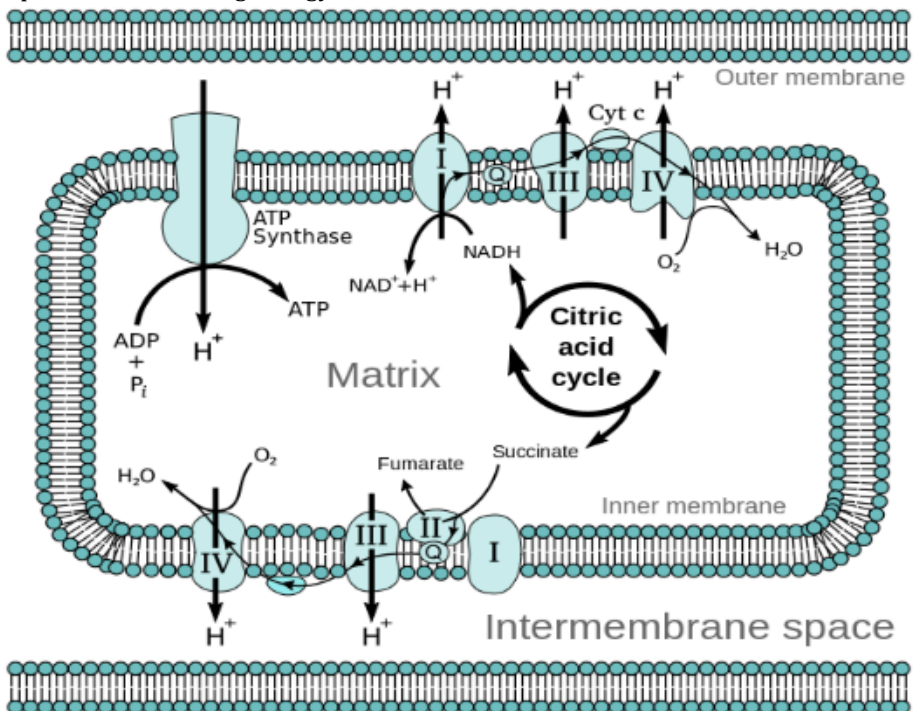
The electron transport chain (aka ETC) is a process in which the NADH and [FADH₂] produced during [glycolysis](#), [β-oxidation](#), and other catabolic processes are oxidized thus releasing energy in the form of ATP. The mechanism by which ATP is formed in the ETC is called chemiosmotic phosphorylation.

Introduction

The byproducts of most catabolic processes are NADH and [FADH₂] which are the reduced forms. Metabolic processes use NADH and [FADH₂] to transport electrons in the form of hydride ions (H⁻). These electrons are passed from NADH or [FADH₂] to membrane bound electron carriers which are then passed on to other electron carriers until they are finally given to oxygen resulting in the production of water. As electrons are passed from one electron carrier to another hydrogen ions are transported into the intermembrane space at three specific points in the chain. The transportation of hydrogen ions creates a greater concentration of hydrogen ions in the intermembrane space than in the matrix which can then be used to drive ATP Synthase and produce ATP (a high energy molecule).

Overview

In the diagram located below there are the major electron transporters responsible for making energy in the ETC.



The Electron Carriers

- **I** (NADH-ubiquinone oxidoreductase): An integral protein that receives electrons in the form of hydride ions from NADH and passes them on to ubiquinone
- **II** (Succinate-ubiquinone oxidoreductase *aka succinate dehydrogenase* from the TCA cycle): A peripheral protein that receives electrons from succinate (an intermediate metabolite of the TCA cycle) to yield fumarate and [FADH₂]. From succinate the electrons are received by [FAD] (a prosthetic group of the protein) which then become [FADH₂]. The electrons are then passed off to ubiquinone.
- **Q** (Ubiquinone/ ubiquinol): Ubiquinone (the oxidized form of the molecule) receives electrons from several different carriers; from I, II, Glycerol-3-phosphate dehydrogenase, and ETF. It is now the reduced form (ubiquinol) which passes its electron off to III.
- **III** (Ubiquinol-cytochrome c oxidoreductase): An integral protein that receives electrons from ubiquinol which are then passed on to Cytochrome c
- **IV** (Cytochrome c oxidase): An integral protein that receives electrons from Cytochrome c and transfers them to oxygen to produce water within the mitochondria matrix.
- **ATP Synthas**: An integral protein consisting of several different subunits. This protein is directly responsible for the production of ATP via chemiosmotic phosphorylation. It uses the proton gradient created by several of the other carriers in the ETC to drive a mechanical rotor. The energy from that rotor is then used to phosphorylate ADP to ATP.
- **ETF** (Electron-transferring flavoprotein) **Dehydrogenase**: This peripheral protein located on the matrix side of the inner membrane is a part of the B-oxidation cycle. Electrons from acyl-CoA are donated to an electron-transfer flavoprotein which are then transferred to ETF (Electron-transferring flavoprotein) Dehydrogenase in the form of [FADH₂]. ETF dehydrogenase then passes those electrons from [FADH₂] to ubiquinone and on through the ETC.
- **Glycerol-3-phosphate dehydrogenase**: This peripheral protein located on the intermembrane space side of the inner membrane is a part of the glycerol-3-phosphate transport system. It accepts a proton from glycerol-3-phosphate to a prosthetic [FAD] group

which yields [FADH₂]. From [FADH₂] the electrons are then given to ubiquinone and on through the ETC.

Electron Flow

It should be noted from the diagram below that ubiquinone (a hydrophobic carrier that resides within the membrane) receives electrons from several different electron carriers. Cytochrome c (a hydrophilic carrier found with in the intermembrane space) on the other hand only transfers electrons from III to IV. The driving force of the ETC is the fact that each electron carrier has a higher standard reduction potential than the one that it accepts electrons from. Standard reduction potential is a measure of the ability to accept or donate electrons. Oxygen has the highest (most positive) standard reduction potential, which means that it is most likely to accept electrons from other carriers. That is precisely why it is found at the end of the ETC.

Proton Motive Force

Proton motive force refers to the energy obtained from the proton gradient created by several of the electron carriers. Only three of the four mentioned electron carriers are capable of transporting protons from the matrix to the intermembrane space: I, III, and IV. It is this proton gradient that drives phosphorylation of ADP to ATP as well as several other important transport systems. As proton concentration builds up in the intermembrane space a gradient is created and protons are transported from high to low concentration. The energy from the transfer of protons is used to change ADP into ATP through phosphorylation. ATP synthase is the protein responsible for ADP phosphorylation.

It is also important for proper concentrations of substrates to be maintained within and without the mitochondria to allow for chemiosmotic phosphorylation. The two main types of proteins responsible for maintaining proper substrate concentrations are pyruvate and phosphate symporters and ADP/ATP antiporters.

INDEX

A

Aboriginal Denition 229-230

Aboriginal Medical Association 189

Actin cells 52

Agriculture 10, 41, 75,

Amines 27, 29, 30, 33, 53

Ammonia transport pump 22,

Anthocyanins 26,

Antiaging 128-131

Arginine 105-106,

Arnold Ehret 4, 111,

Arnold Schwarzenagger 50,

Aromatase 120,

Arthrosclerosis 20,

Auto-immunity 17, 97-101

B

Biocosmology 224-225

Black Radish 98, 110

Blood type 8,

Breast milk 113, 119

Brown adipose tissue 56,

C

Cancer 107,

Candida 47, 55,

Carbon 30,

Carboxylic acids 29, 30

Cell 183,

CellGene 22,

Cellular respiration 13, 15

Chaga 8,

Cholesterol 113,

Chromatin 13,

Chromosomes 13, 184,

Cloning 24,

Colchicine 87,

Cortisol 48,

Cytochromes 10,

D

Deamination 30, 53,

DHA 114,

Diabetes 108,

Disease 45,

DNA 46, 183, 184,

Dr Sebi 4, 21

E

E-coli 21, 87, 88-90

Electromagnetism 14,

Erectile dysfunction 120,

Estrogen 114-115,

Ethno-genetic 4, 19, 26, 111,

Exercise 58, 122, 124-127,

Exopolysaccharide 20, 37, 107, 112, 195

Extramedullary hematopoiesis 36, 133

F

Fasting 69-71, 123,

Fenucreek 27,

Fertilizer 42, 75, 76,

G

Garden of eden 26,

Galactose 21, 110

Genesis 16,

Genetic diversity 49,

Genetic modification 85-89

Ghrelin 57,

Gluconeogenesis 55,
Glucose 10,
Glycolysis 14, 15,
GnRH Hormone 114-116,
God 16, 18, 19
Green manure 28,
Grover Cleveland Backster Jr 40,
Gymnema sylvestre 108-109,
H
Haplotype 23,
Heirloom foods 164-182
Herpes simplex virus 1 & 2 105-106
Heterotropic 72, 73,
Histamine 20, 37, 103
HIV-AIDS 105-106
Homolactic fermentation 15,
Human Connectome Project 84,
h-pylori 55,
I
IBS syndrome 87,
Increased intestinal permeability 97,
Intestines 36,

J

John Pawalek 23, 24

Julius Hensel 11, 31, 43, 75, 77, 78

Justus von Liebig 11, 75, 76, 78

L

Lactose 110,

Lectins 100,

Legumes 27,

Lentils 27,

Lifebank USA 22,

Liver 34, 35

Lysine 105,

M

Magnetic fields 4,

Malabar spinach 21,

Marijuana 62-63,

Meditation 38,

Melanin 14, 24, 30, 191-205, 206-212,

Melanin patent 25

Melanogenesis 26, 191-205, 206-212,

Menstruation 114-115,

Metabolism 54,

Minerals 32, 42, 60,
Mitochondria 13, 185,
Muscle building 50, 51, 52, 58-59, 122
Mushrooms 27, 61,
Myosin cells 52

N

N acetyl glucoseamine 20,
N acetyl galactoseamine 21,
Nanotechnology 81, 226-228,
Nature 13, 74,
Natural selection 19,
Navy bean 28,
Neuronanobots 84,
Nitrates 28, 34
Nitrites 34,
Nitrogen 16, 27, 30, 33, 53, 75,
Nitrogen fixators 27, 28, 66, 72
Nutrition 4, 15, 18, 60, 61, 134-182
Nutritional Psychology 17,

O

Obesity 54,

Olives 121,

Olive leaf 121,

Oxidative phosphorylation 187,

Oxoates 61, 102,

P

Peanuts 27,

Polyphenols 26,

Portal vein 35,

Protein 9, 29, 31, 33, 49,

Phototropic 72,

Phytoestrogens 28

Phytic acid 61, 102

Purslane 114,

Q

Quantum magnetic analyzer 189

R

Recipes 137-163

Ray Kurzweil 82,

Recipes

Reichi 8,

Recombinant DNA 85-

Rhizobia 28

Robert Freita Jr 83,

S

Secret life of plants 40,

SNP gene 23,

Sodium potassium pump 22,

Soil nutrients 41, 46, 75-80

Soybeans 27

Spleen 35,

Starchatarian 65,

Stone Meal fertilizer 28,

Sub-saharan Africa 4,

T

Tamarind 28,

Telomeres 132-134, 87

Tyramine 104, 191-205

Tyrosine 191-205

U

Urea cycle 10, 34, 53, 183,

V

Vagus nerve 56, 57,

Veganism, vegetarianism 213-223,

Vegan body builders 51-52,

Villi 36,

Virus 85-87

Vitamins 33

Vitamin D 4, 5, 32, 58,

W

white adipose tissue 56,

White blood cells 53, 56, 64, 112

Namaa Taga Files



Dr Ali Muhammad aka **Chief Amaru Namaa Taga Xi-Ali Muhammad** is the current Chief of the Aboriginal Republic of North America. He has been labeled as a **New World Polymath** specializing in several areas of study and application. Dr Ali is one of the founding fathers of Indigenous Government. Dr Ali also founded the Aboriginal Medical Association dedicated to providing proper genetic based Nutrition, Indigenous Medicine, and Indigenous Diagnostics for Aboriginal Peoples. He founded the ARNA Ministry of Health to further studies in black biology © ® and black genetics. Dr Ali is also a Jurist Doctor of Law. Dr Ali also founded the ARNA Aboriginal Law Firm Certification program for Aboriginal Jurists within the ARNA jurisdiction in order to engage the issue of denationalization and genocide of the so-called African-American within an international platform .Dr Ali has also founded the ARNA School of Indigenous Psychology made to study Indigenous Divination sciences and the operations and roles in indigenous communities. As a scholar of Indigenous Civilizations and Islamic history he has authored numerous personal books, text books, curriculum programs, and certifications for Aboriginal University (21 Publications). Dr Ali founded the Financial Recovery program to assist Indigenous people at avoiding financial predatory practices in capitalistic systems. He has also founded Aboriginal Farms and farming project in Atlanta GA in order to teach sustainable living. Dr Ali formed Aboriginal Global Media to spread the message of Indigenous Government, Culture, Rights, Health, Education, Arts, and community.

Contact Dr Ali for presentations lectures or any other services @

ARNA Dr Ali

3000 Chestnut Street Unit 42083

Philadelphia Pennsylvania [19101]

www.governmentreparations.org,

www.aboriginamedicalassociation.com

Indigenous Food Science
6 Months of Purification
Mind Body & Soul

A Full Guide to Proper
Nutrition
Supplements
Exercise
Ethno-Genetic Based
Nutrition
&
Nutritional Psychology
The Future of Food and Medicine

**A Practical Guide to Nutrition and Healing
for Indigenous Bio-Genetics
Volume 1**

**Aboriginal Medical Association ©
Dr Ali Muhammad ©**



A.M.A.

**ABORIGINAL MEDICAL ASSOCIATION
BIO-MEDICAL HEALTH & NUTRITION FOR INDIGENOUS PEOPLES**

